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Celebrity Buzz

Sheridan hurt after fall from horse
pg 22

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In their words

- "(He was someone) we were all glad to have on our side, with the biggest and kindest heart in Ottawa ... You could count on Pickles to be by your side, always." — Const. Troy Froats, Ottawa Police Service.
- "He was the epitome of professionalism. He showed respect, empathy and fairness. He had life experience and calmness. He ... was respected by all." — Michael Wooff, Czapnik's brother-in-law.
- "We understand what it's like to lose an officer. So we wanted to come up here, show our support for these officers and help them through a hard time." — Patrol Officer Charles Neidbalson, Cleveland Police Honour Guard.
- "It's hard not to cry, hard to hold back tears. That's been going on since this happened. I almost feel like I know him and I didn't. I never had the honour of meeting him." — Heather Auger, creator of the memorial Facebook page in his honour. METRO OTTAWA

News on the Move

What's this barcode for?
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Vancouver Games

Countdown to 2010
Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
• Today — Scott Russell looks at the pressures facing Canadian Olympians like skater Scott Moir, page 12

On the web
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ADRIAN WYLD/THE CANADIAN PRESS

The wife of police Const. Ireneusz (Eric) Czapnik, Anna Korutowska, looks on Thursday as his casket is carried from a funeral here. Czapnik, who was killed Dec. 29, was the first police officer killed on duty in the nation's capital since 1983. More coverage, page 3.

Czapnik remembered

Thousands honour constable killed in line of duty

TRACEY TONG
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He was 48 when he joined the Ottawa Police Service — the oldest member ever hired by the city's force.

At a time when many would be contemplating retirement, Const. Ireneusz (Eric) Czapnik decided to pursue his lifelong dream, to follow in his police officer father's footsteps.

In his three years with the Ottawa police, the father of four — dubbed by his colleagues as Pickles because of his love for his favourite snack — quickly became a role model for younger officers.

Thousands of people — including more than 4,000 officers with the Ottawa police, RCMP and police from across North America — as well as the city's Polish community, bid farewell to the 51-year-old officer at his funeral at the Ottawa Civic Centre Thursday. Czapnik was killed after being stabbed outside the Ottawa Hospital Dec. 29.

"You will not be forgotten. You have raised the bar for us and we will not disappoint."
Luckasz Galaska, stepson

A hush fell over the crowd as the officer's casket, draped with a white Ottawa Police Service flag and flanked by an honour guard, was brought in.

"He was a husband, brother, son, comrade, protector, and officer of the law," said Czapnik's stepson, Luckasz Galaska. "To some, he was known as Pickles. I know him simply as Dad."

Growing up and watching Czapnik with his brothers and sister, Galaska said he "learned what kind of father I want to be.

"I have never met a person so dedicated and passionate about anything he did … He was a perfectionist. It had to be done right or not done at all."

Czapnik was "the kind of man I want to be," Galaska said.

"You will not be forgotten. You have raised the bar for us and we will not disappoint."

He received a standing ovation for his speech.

"Eric was one of those unique individuals whose hearts knew no bounds," said his brother-in-law, Michael Wooff.

"His children are his legacy." To the children, Wooff said, "You are better prepared for life because of his love."

"Pickles loved being Pickles," said his colleague and friend, Const. Troy Froats. Often, he would jokingly refuse to answer calls from dispatch until they used the nickname, Froats said.

His lips quivering, Froats said, "To Eric, Pickles our friend, you will be deeply missed, but we know you will be watching over us, protecting us."

"Eric was a man of honour serving his community, a man of passion serving his family and a man of principle serving with his team," said Chief Vern White.

"His was a special dream, one that was more of a passion than a profession and more of a calling than a vocation. One that called him later in life than most. His dream was to become a police officer."

Premier praises hero officer

TRACEY TONG
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DIGNITARIES Millions of people across the country are mourning with the family of Ottawa Police Const. Ireneusz (Eric) Czapnik, the province's premier said at the slain officer's funeral Thursday.

"On behalf of millions, I am here to tell you we are here for you and pray for you, and to tell you how much Eric's story has touched us and moved us," said Ontario Premier Dalton McGuinty.

Ireneusz (Eric) Czapnik

McGuinty was one of dozens of dignitaries to attend the funeral at the Ottawa Civic Centre.

In addition to thousands of officers from all over North America, dignitaries in attendance included Polish Ambassador Designate Zenon Kosiniak-Kamysk; Ontario Lt.-Gov. David Onley; Mayor Larry O'Brien and city council; the commissioners of the RCMP and the OPP; and the Archbishop of Ottawa.

"He was a good man, a man who loved his job, served his community and cared deeply for his family," McGuinty said of Czapnik. "Constable Czapnik is a hero because of what he chose to do in life everyday," McGuinty said.

"We will remember our hero."

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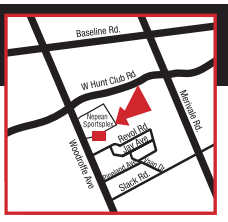

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Local

City wants your Christmas tree

Christmas is over for another year — so ditch the tree. The City of Ottawa has announced its Christmas tree pickup schedule. For residents on the "A" and "C" schedules, trees will be collected during the week of Jan. 11 to 15. For residents on the "B" and "D" schedules, Christmas trees will be collected during the week of Jan. 18 to 22. Trees will not be collected if they are wrapped in plastic bags or if they contain decorations. METRO OTTAWA

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Carleton to hold Aboriginal Awareness Week

PORTER HALL Aboriginal Awareness Week returns to Carleton University starting Monday.

The event, which runs Jan. 11 to 14 at Porter Hall, includes aboriginal artwork, movies, drumming, panel discussions on issues such as Metis identity, contemporary legal challenges and issues affecting First Nations children, lectures, and even cuisine.

Opening ceremonies are held at 11:30 a.m. Monday with Elder Paul Skanks and Carleton president Roseann O'Reilly Runte.

Other speakers throughout the week include Métis National Council president Clément Chartier, Ottawa Métis Council president Robert Pellerin, and Cindy Blackstock, president of the First Nations Child and Family Caring Society.

TRACEY TONG/METRO OTTAWA

metronews.ca
What's online today.

Video Thousands of officers from across Canada and the U.S. gather to remember a slain Ottawa officer at **metronews.ca/canada**

Check movie showtimes and read reviews

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Blogs Backbeat checks in with music predictions for the next decade

Lotteries

Ontario Pick 3: 994; **Ontario Pick 4:** 3072
Encore: 4356283
Daily Keno: 2, 6, 10, 14, 23, 26, 29, 30, 33, 34, 39, 40, 44, 54, 56, 57, 59, 60, 63, 68.
Payday: 10, 60, 62 & 74
These results are not official.

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Officers, citizens pay final respects

Crowds line streets as more than 4,000 march in funeral procession for Czapnik

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

The funeral procession stretched almost a kilometre.

More than 4,000 police officers, firefighters, paramedics and law enforcement officers from across the continent had gathered in the Carleton University Fieldhouse before setting out down Sunnyside Avenue toward Bank Street behind a hearse carrying Const. Ireneusz (Eric) Czapnik's body to Lansdowne Park.

At the intersection of Bronson and Sunnyside Avenues, Steve Lennon said he wanted to show his support for Czapnik and all police, who work in a dangerous environment every day.

As the procession moved closer to Lansdowne Park, the crowds of residents paying tribute to Czapnik, his fellow officers, and his family grew from dozens to hundreds, and from hundreds to thousands.

Air ambulance pilot Mike Smith said he works very closely with police and came out to pay his respects.

Nick Beaumaster, a first-year criminology student at the University of Ontario in Oshawa, said he hopes to work for the Ontario Provincial Police when he graduates. Beaumaster said he wanted to pay his respects to Const. Czapnik.

The senselessness of the incident, he said, should serve as a reminder that it could happen to anyone.

"It's kind of shocking," he said.

By the end of Sunnyside Avenue, the crowd was at least three people deep. Students from Hopewell Public School all came out to the street and waved Canadian flags and held up homemade posters as the procession solemnly passed the school.

Many more watched out the windows of the shops along Bank Street. Each had blue ribbon posters in the window.

As the procession crossed over the Bank Street Bridge, Karen Leveille struggled to stifle tears. Her husband is an Ottawa police officer. Leveille, an emergency room nurse at the General Campus of the Ottawa Hospital, said it was good to see the community come together, but that she felt very sad for Czapnik's family.

TIM WIECLAWSKI/METRO OTTAWA

Ottawa police and RCMP wait for the start of Const. Ireneusz (Eric) Czapnik's funeral procession Thursday. Thousands of law enforcement personnel from across the continent marched alongside them. The route from Carleton University to Lansdowne Park was lined with thousands of residents.

$1.8M in fire damage to 24-unit apartment

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Police and firefighters are investigating the cause of a fire that injured a firefighter and caused $1.8 million in damages to a low-rise apartment in Sandy Hill Wednesday night.

At 6:32 p.m., firefighters were called to a fire at a three-storey building at 60 Cobourg St., Ottawa fire Capt. Alex Davey said Thursday.

Within minutes, firefighters called in a second-alarm fire and by 7:26 p.m., it escalated to a fourth-alarm fire, said Davey.

"We wanted to make sure we had lots of people there so we could help," he said.

The occupants of the 24-unit building were relocated.

The fire caused $1 million in damages to the building and about $800,000 to the contents. While the fire did not spread to all three floors, smoke affected the entire building.

A firefighter suffered minor injuries and was treated at the scene. He was not taken to hospital.

While the fire was deemed not suspicious, the cause remains under investigation, Davey said.

News in brief

VACCINATIONS This month and next, Ottawa Public Health is vaccinating Grade 7 and 8 students against the meningococcal virus and the human papillomavirus (HPV) at 100 school-based vaccination clinics.

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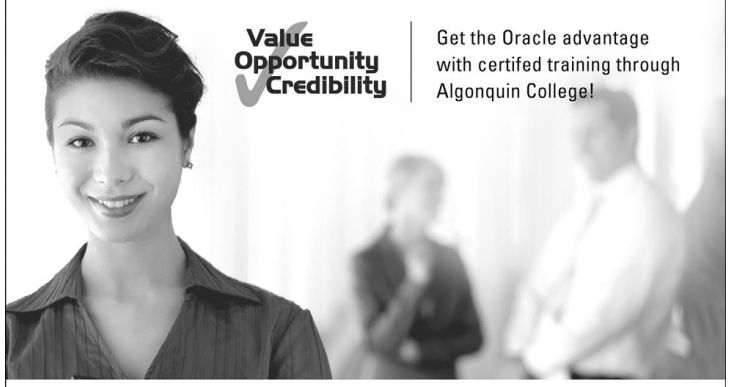

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Gamblers win millions, but claim they're not so lucky

Quebec's lottery commission has reached a tentative multimillion-dollar agreement to compensate thousands of addicted gamblers in a class-action settlement that must still be approved by a judge. But the plaintiffs say the reported $50-million payoff amounts to less than one-tenth what they were hoping for. THE CANADIAN PRESS

Canada

Reeves case collapses

An Ontario judge has dismissed a paternity suit against actor Keanu Reeves. Karen Sala alleged Reeves was the father of her four adult children and sought $3 million a month in support. But Judge Fred Graham in Barrie said Sala's allegations were "so incredible" no reasonable judge would accept them. THE CANADIAN PRESS

Canada plans big terror trap

System would keep tabs on millions

Canada is quietly toiling in the shadows on a super system to ferret out airline terror threats.

The electronic system would allow security agencies to analyze the personal information of every person who boards a plane in Canada. It would crunch personal details about more than 200 million people annually.

And it would demonstrate "to the U.S. that Canada remains committed to the security of North America."

"Work has already begun to review Canada's approach to assessing air passengers," says an official report.

"There's no doubt that it is the Americans that are pushing this."
Prof. Mark Salter

The system takes input from the Canada Border Services Agency, Transport Canada and CSIS.

Critics argue there should be public debate and scrutiny of the potentially invasive tool.

"I think there's no doubt that it is the Americans that are pushing this," said University of Ottawa professor Mark Salter.

THE CANADIAN PRESS

Travel **U.S. barred her**

ANDREW VAUGHAN/THE CANADIAN PRESS

Canadian citizen Ayat Manna rests at her parents' home in Dartmouth, N.S. Manna, a native of Jordan, was refused entry into the U.S. when she tried to board a plane in Halifax to visit her husband in Ohio. She said she was treated rudely and felt targeted because of her head scarf and religion.

Harper no hero to British mag

PROROGATION An influential British newsmagazine is not amused by Stephen Harper's recent parliamentary tactics.

The Economist Thursday published a critical story about the Conservative prime minister's suspension of Parliament and a scathing editorial under the headline, "Harper goes prorogue."

"Never mind what his spin doctors say: Mr. Harper's move looks like naked self-interest," says the editorial.

The Economist, which has a circulation of about 1.4 million — about half in North America — endorsed Harper in the 2006 and 2008 elections, but the bloom appears to be off the rose.

The Economist suggests, tongue in cheek, that Harper should simply shut down Parliament altogether until the economy is running at full throttle.

A Facebook site against Harper's prorogation had more than 88,000 members as of mid-afternoon Thursday. But Facebook sites on far less weighty issues routinely rack up six-figure lists.

THE CANADIAN PRESS

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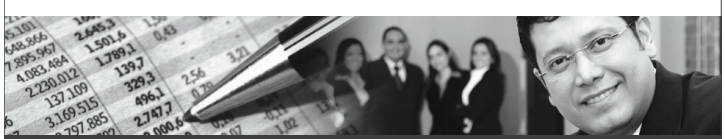

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Gym-goers speak up about poor etiquette

Exercising is great, but respect the facilities, others

KRISTEN THOMPSON
Metro Canada

Sticking to that hard-to-keep New Year's resolution to exercise would be easier if other gym-goers were a little more thoughtful, according to readers.

Metro asked Canadians to share their gym pet peeves, and it seems many of us come close to throwing a fit while trying to keep fit because of those smelly, weight-banging machine hogs that plague gyms from coast-to-coast.

Topping the list as the most irksome gym no-no are people who leave sweat on equipment. A close second are social butterflies who monopolize equipment.

"I hate feeling like (I'm) intruding on a private gym," said Mike Thompson, a student in Ottawa.

"Working out with buddies and making friends is cool, but … I pay to work out in peace, not feel awkward or in the way."

Randall Smith, manager at Westside Gym in Vancouver, said gyms are extra busy right now because of New Year's resolutions, and newcomers should learn the ropes to avoid breaking gym etiquette.

"The best thing to do is make yourself familiar with the rules at your gym," he said. "Putting equipment away is a big rule. Don't sit on your machine between your sets. Grunting and noises, especially with guys, doesn't impress anyone."

Lastly, he said, consider your personal hygiene. Wear deodorant and keep perfume and cologne to a minimum.

Richard Simmons likes sweating it out at the gym.

Tweets

• @mickey-maclean my biggest gym pet peeve is people talking on cellphones while working out its sooo annoying !!!

• @musicsunshine Definitely staying on the machine when its passed your time. Worst ever! ... people who love being naked in the changing rooms — bending over, taking their time. AHH change already! Im not even a prude!

• @alexis_levenson change room etiquette pet peeve - ppl who stand too close to you when changing, even though the rest of the room is empty.

• @almoonir Gym pet peeve: people hogging equipment! If you like it so much, buy your own.

• @rainyfool 3-way tie of dropping weights loudly, grunting, and not wiping down equipment.

Pair of cities ban Virgin Mobile ads showing couple kissing

MARKETING Two Canadian cities have banned a pair of billboard ads for Virgin Mobile that show a man kissing a woman and touching her buttocks with the caption "Hook Up Fearlessly."

The ads were pulled recently in Mississauga, Ont., and are now being removed by the Calgary Transit Authority after public complaints in both cities.

Officials in both Calgary and Mississauga say the ads were simply not suited for bus shelters where families and children would see them.

Calgary Transit spokesman Ron Collins says they wanted to avoid anything that might be seen as sexual exploitation.

But Virgin Mobile spokesman Nathan Rosenberg says the company doesn't see what all the fuss is about because people embracing each other should be seen as a good thing.

Rosenberg says the company has no plans to change its campaign, which is running across Canada.

THE CANADIAN PRESS

Naked jogger remanded for mental evaluation
A man who took off his clothes and went jogging in near-freezing temperatures near the White House has been hospitalized for psychiatric evaluation. THE ASSOCIATED PRESS

World

The buck stops here

Report on plane incident released, Obama takes responsibility

"The buck stops with me," U.S. President Barack Obama said Thursday as he outlined measures aimed at preventing another terrorist attack on the United States in the tense aftermath of a Christmas Day attempt to blow a Detroit-bound jetliner out of the sky.

"When the system fails, it's my responsibility," Obama said — an indication that no high-level firings of intelligence officials would result from the near-miss incident.

The president said he's ordered steps be taken to ensure all leads on potential terrorist plots are thoroughly investigated, that intelligence is better shared and that no-fly lists are utilized properly.

"We can't sit on information that can protect the American people."

As the president spoke at the White House, his administration released a declassified version of a preliminary, six-page report on what went wrong two weeks ago when 23-year-old Nigerian Umar Farouk Abdulmutallab allegedly tried to blow up the airliner with explosives hidden in his pants. The device was ignited, but failed to detonate. Passengers and crew subdued Abdulmutallab, an apparent al-Qaida operative.

Abdulmutallab, who was indicted on Wednesday on attempted murder and other charges, has reportedly told investigators he was trained by al-Qaida operatives in Yemen. His father also warned the U.S. Embassy in Nigeria that his son was an extremist.

THE ASSOCIATED PRESS

Failed to act

- Obama said intelligence agencies knew that an al-Qaida affiliate based in Yemen was plotting an attack on the U.S., but failed to zero in on the "known terrorist" before he boarded the Northwest flight in Amsterdam.

India **Dalai Lama lectures**

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

A young Indian Buddhist monk listens to the Dalai Lama's lecture at Mahabodhi temple in Bodh Gaya, India, Thursday. Bodh Gaya is the town where Prince Siddhartha Gautama attained enlightenment after intense meditation and became the Buddha. The lectures will continue Sunday.

Earth-like planets 'plentiful'

SPACE Astronomers say they are on the verge of finding planets like Earth orbiting other stars, a key step in determining if we are alone in the universe. A top NASA official and other leading scientists say that within four or five years they should discover the first Earth-like planet where life could develop, or may have already. A planet close to the size of Earth could even be found sometime this year if preliminary hints from a new space telescope pan out.

At the annual American Astronomical Society conference this week, each discovery involving "exoplanets" — those outside our solar system — pointed to the same conclusion: Quiet planets like Earth where life could develop probably are plentiful. THE ASSOCIATED PRESS

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SCANLIFE

Scottish officials have linked a deadly outbreak of anthrax to contaminated heroin. Scan this code for the full story.

Execution tape looks real: Official

SRI LANKA A UN investigator says reports by three independent experts strongly point to the authenticity of a videotape which appears to show the execution of blindfolded and naked Tamils by Sri Lankan soldiers. Philip Alston said Thursday an independent inquiry should be formed to investigate war crimes allegedly committed in Sri Lanka. The government's 25-year war against Tamil rebels ended in May.

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GM makes first electric battery to power Chevrolet Volt

General Motors has made its first mass-produced electric car battery as it gears up to sell the new Chevrolet Volt to the general public later this year. The lithium-ion battery was made Thursday at GM's Brownstown Battery Pack Assembly Plant. Regular production at both facilities is expected to begin in the fourth quarter. THE ASSOCIATED PRESS

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Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

'Generation Debt' needs lessons: Expert

As Canadian consumers waded deeper into debt during the so-called Great Recession, the federal government decided it was time to boost financial literacy, a lesson many Canadians missed before their debts began to mount.

Finance Minister Jim Flaherty launched the Financial Literacy Task Force in June, citing his belief that a financially literate population would create a more stable economy.

Financial planning must be ingrained in Canadians, said Tom Hamza, president of the Investor Education Fund. The fund is charged with figuring out how to integrate financial lessons into Ontario's curricula for Grade 4 to 12 students.

Teach kids to save

- Discuss with children what it means to budget, or be in debt, and involve them in the family budgeting. Offer small incentives for kids to help parents cut back on the household phone bill or heating costs.

Hamza said that educating children can help combat some of the damaging examples many parents have inadvertently taught over the last two decades. "That is the exact time period that our household debt levels have gone up, our savings levels have plummeted, and we've changed our perspective from 'Can I afford it?' to 'Can I afford the payments?'" he said.

Older members of the demographic, sometimes referred to as "Generation Debt," are accruing debt at rates never seen before. A Harris-Decima poll suggests that 60 per cent of baby boomers financially support their adult children, and a majority expect their children's independence to be delayed to age 25.

THE CANADIAN PRESS

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ScanLife
Recently released emails suggesting banks were pressured to keep quiet reignites U.S. bailout controversy. Scan this code for the full story.

Positive job data expected for December

LABOUR The Canadian economy is again poised to start churning out jobs instead of burning them.

Following the surprise 79,000 jobs created in November, economists expect December's numbers, which will be announced Friday morning, to again be positive. And the outlook for 2010 is even rosier, with some projecting that more than 300,000 new jobs will be created.

The consensus of 22 economists surveyed this week forecast a 20,000 gain in December. That would be the second consecutive month of job gains, despite a so-so economy that only showed the first significant signs of growth at the end of 2009.

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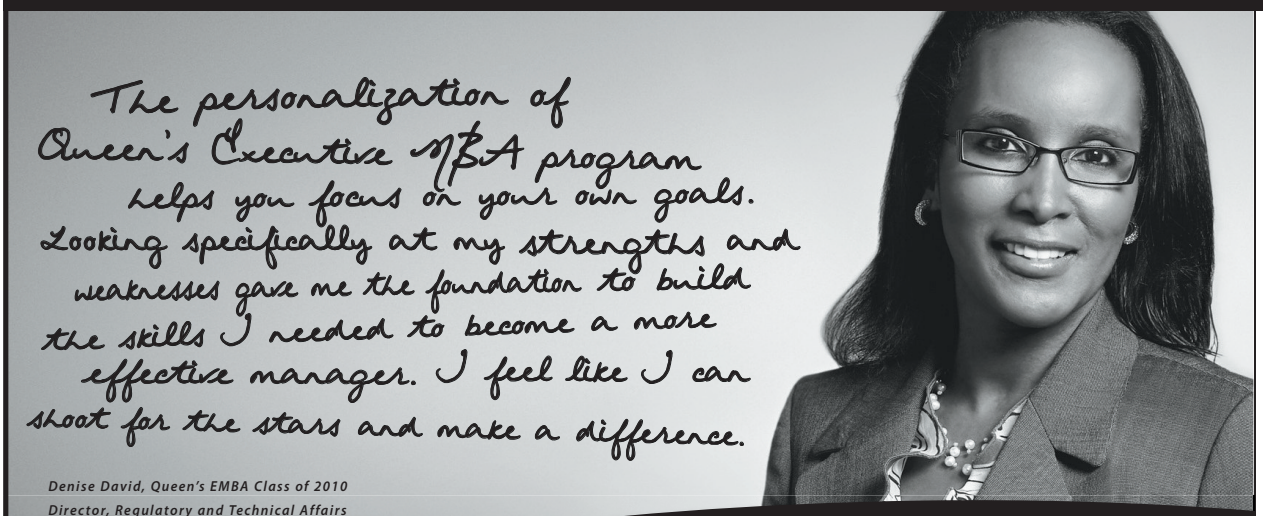

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Mark Derbyshire named Holt Renfrew president
Canadian high-end retailer Holt Renfrew & Co. Ltd. says it has appointed Mark Derbyshire as its new president. THE CANADIAN PRESS

BMO program to teach rich about money

Call it financial literacy for the rich.

Bank of Montreal's private banking division will start offering cross-Canada seminars next month specially designed for affluent adults, including those who marry into money.

The invitation-only program enables a high net worth client to enrol a spouse or another adult relative in a financial boot camp of sorts that teaches the basics of money management and keeping the family fortune intact.

BMO's Financial Focus seminars are a part-day course that tackles a variety of day-to-day issues such as budgeting, mortgages, banking, cash flow management, credit, investing and estate planning.

It launched the program at the urging of its well-off clients. Many believe a spouse or an adult family member lacks experience with personal finances, said Sara Plant, vice-president and national director of wealth services with BMO Harris Private Banking.

"We're often having very personal discussions with them about their families. And in those discussions, it comes to light that our clients are experiencing some kind of change or transition," Plant said.

Sessions will be held in major cities from February to April.

TORSTAR NEWS SERVICE

Big money

- A high net worth client for the BMO program is someone with investable assets of at least $500,000.

China raises interest rates on 3-month bills

MARKETS China's central bank surprised markets on Thursday by raising the interest rate on its three-month bills for the first time since August, intensifying its grip on liquidity a day after it promised to keep credit growth in check.

While analysts said the move was just a withdrawal of surplus cash in the system, markets feared the worst, taking it as a sign the central bank could be getting ready to use more forceful measures to cool growth and fight inflation.

The move was accompanied by the biggest weekly net drain from money markets in 11 weeks.

The prospect of a tougher policy stance from Beijing sent Chinese shares tumbling and hit a range of commodities, as investors feared that putting the brakes on growth could weaken the appetite of the world's third-largest economy for steel, copper and other resources needed to fuel it.

TORSTAR NEWS SERVICE

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Comment

Jerkiness runs rampant in Ottawa

UrbanCompass

The post-holiday trudge back to work has put not a few of us in an ugly mood, which can be more virulently contagious than the flu, swinish or regular.

I've noticed little things setting me off, like lining up at the convenience store behind some jerk who's left his paper and snack at the cash, already rung up, while he wanders off and takes his time selecting just the right beverage pairing from the fridge.

I shoot him a look, and he returns it, but he's splitting his ample hostility between me and the cashier, so that's as far as it goes.

He was being an inconsiderate jerk, putting no value on my time. I was being an impatient jerk, putting too much value on it. (The time in dispute, though it felt endless, was probably under a minute.)

The thing about jerks is, with rare exceptions, they're part-timers. Usually, it's a lapse, not a way of life. All too often, I have met the jerk and he was me.

We know a bit about jerks in Ottawa. In addition to our homegrown varieties, we import them from across the country, courtesy of voters whom I sometimes suspect are just trying to clear an undesirable out of town while punishing Ottawa for the sins of past jerks.

Parliament, prorogued, has sent the jerks home. Again, most MPs and their enablers are not, deep down, jerks, but they do have a way of bringing it out in each other.

So I'm torn. Yes, proroguing Parliament was a jerk move and the excuses about "recalibrating" the lamest of twaddle. But the prospect of a couple of months without the jerk show on the Hill is not without its appeal.

At city hall, where outbreaks of jerkitude are not unknown, Coun. Alex Cullen was first to declare his candidacy for mayor, and behaved himself, sticking to policy matters like getting corporate and union money out of campaigns and requiring lobbyists to register, rather than just aiming handfuls of muck at the incumbent.

This is not to say that Cullen, a veteran politician, hasn't occasionally jerked out. During budget deliberations before Christmas, Cullen, after having his microphone jerkishly cut off by Mayor O'Brien, repeatedly yelled, "Are you deaf, Mr. Mayor?!" across the table until O'Brien finally got sick of ignoring him and let him speak.

Cullen and O'Brien were fortunate that the childish outburst wasn't reported by the media. They both looked like prize jerks. The sad thing is, it wasn't reported because such idiocy is so commonplace at city hall.

Steve Collins lives, writes and walks in Ottawa; ottawaletters@metronews.ca.

Views

Weeding out a bad home purchase

Marketplace

We all know Mike Holmes — the guy with biceps the size of tires, who rights wrongs when it comes to home renovations. But at Marketplace, we team up with Mike Friday night to tackle a growing (no pun intended) problem in Canada — homes that are used for marijuana grow-ops, then sold to unsuspecting buyers.

The RCMP estimates there are thousands of houses being used for grow-ops today, often in quiet, suburban neighbourhoods, where you'd least expect them. They're often quietly patched up — leaving new homeowners stuck with mould, structural and electrical issues.

Theresa Denton was happy with her house purchase near Kamloops, British Columbia, until she learned it'd been a grow-op for almost a decade. Today, she's facing a bill that could top $100,000 just to make her home safe to live in. Her walls are covered in mould, and her son's developed such a severe mould allergy, he has to take medication to help him breathe.

Denton — like other unsuspecting homeowners — hired a home inspector before she bought her house. But in his report, he makes no mention of mould all over the attic walls. "He had a flashlight," said Denton. "Either he's not telling the truth, or he's just completely incompetent."

It's a story Mike Holmes is hearing more and more — home inspectors who don't spot costly problems, especially when it comes to spotting grow-op warning signs. "I think we need to do something about the home inspection industry," said Holmes. "It's obvious that it's not working."

When we caught up with Theresa Denton's home inspector, he told us he wasn't responsible for Denton's nightmare, and his contract even says so.

Denton's now suing her home inspector, the former owner of the house, and her real estate agent. Sadly, the courts are full of cases like Denton's — homebuyers who thought a home inspection would protect them.

Erica Johnson is a journalist and co-host of CBC News: Marketplace, Canada's award-winning consumer affairs show. CBC News: Marketplace airs each Friday night at 8:30 p.m. on CBC Television.

MICHAEL DE ADDER

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Ribeiro out 4 to 6 weeks

Dallas Stars centre Mike Ribeiro will miss four to six weeks after being accidentally hit in the throat with a stick during a game against the New York Rangers. THE ASSOCIATED PRESS

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Ovechkin, Caps sink Senators

NHL

Senators 2 Capitals 5

AT

Alex Ovechkin's first goal as captain capped another big-scoring night for the Washington Capitals.

Nicklas Backstrom scored twice in the third period, and Ovechkin added a goal in the final two minutes as the Capitals beat the Ottawa Senators 5-2 on Thursday night.

Ovechkin nearly made it three games in a row without a goal, which would have matched his longest drought of the season, but the Capitals are 2-0 with the "C" on the jersey of the two-time NHL MVP, and they remain comfortably atop the Southeast Division.

Ovechkin also assisted on both of Backstrom's goals. Backstrom's second was a nifty wraparound, his 17th goal of the season. Ovechkin has 27 goals.

Boyd Gordon and Mike Knuble had goals for the Capitals in the first period.

SUSAN WALSH/THE ASSOCIATED PRESS

Washington's Alex Ovechkin (No. 8), battles for the puck against Ottawa's Mike Fisher (No. 12) and Anton Volchenkov during Thursday night's action in Washington.

Chris Phillips scored for the Senators in the second, and Jonathan Cheechoo added one late in the third for Ottawa.

The Capitals improved to 14-3-3 at home, while the Senators remain ineffective on the road.

Ottawa has lost 12 of 18 away games this season, including 11 of 14.

Senators goalie Pascal Leclaire made 33 saves in the loss.

THE CANADIAN PRESS

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NHL

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Columbus at Edmonton
Phoenix at Vancouver
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Detroit at Los Angeles

NBA

THURSDAY'S RESULTS

New York 97 Charlotte 93

NFL PLAYOFFS

WILD CARD ROUND

Byes: Indianapolis, San Diego, New Orleans, Minnesota

SATURDAY'S GAMES

N.Y. Jets at Cincinnati, 4:30 p.m.
Philadelphia at Dallas, 8 p.m.

SUNDAY'S GAMES

Baltimore at New England, 1 p.m.
Green Bay at Arizona, 4:40 p.m.

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Sports in brief

RED SOX Adrian Beltre and the Boston Red Sox have finalized a one-year contract that guarantees the third baseman $10 million US. Beltre gets $9 million this year, and the deal includes a $5 million player option for 2011 with a $1 million buyout.

CFL Saskatchewan Roughrider fans waiting to hear about whether general manager Eric Tillman has a future with the CFL team will soon get their answer. Rider spokesman Ryan Whippler says the team will announce its decision Friday, although no time has yet been set for a news conference.

FOOTBALL The Grey Cup-champion Montreal Alouettes have a huge hole to fill this off-season. Kick-returner Larry Taylor, the CFL's top special-teams player in 2009, was one of four players to sign with the NFL's New York Jets on Thursday. Taylor had a CFL-high 788 punt-return yards on 89 returns last year.

FIGHT Floyd Mayweather Jr. blamed Manny Pacquiao for the collapse of their prospective bout Thursday, claiming the Filipino boxer refuses to accept a reasonable compromise on drug testing concerns. Mayweather also says he's still ready to sign a deal for the fight, which was slated for March 13 at the MGM Grand Garden in Las Vegas.

GUNS An NBA official speaking on condition of anonymity says the Washington Wizards are planning to fine some players for participating in Gilbert Arenas' on-court antics that made light of his gun troubles. Before Tuesday's game, Arenas was surrounded by his teammates when he knelt on the court and pointed his index fingers at them, as if he were firing a pair of guns. A photograph shows nearly all the players laughing or smiling.

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NFL's Davis heading to Olympics

Vernon Davis is headed to his first Pro Bowl and his first Olympics, too. The star San Francisco 49ers tight end will be an honorary captain for the U.S. men's curling team next month at the Vancouver Olympics. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Expectations will be massive for Canadians

At the World Junior hockey final this week we saw a glimpse of the kind of expectations Canadian athletes will face at the rapidly approaching home Olympics.

Pressure is a demon that needs to be dealt with.

Real or imagined, anytime a significant number of Canadians wrap themselves in the flag and attach themselves to the fortunes of athletes who wear the Maple Leaf, huge pressure ensues. You could see it tattooed on the faces of the young men who fell to the United States thus halting a hockey run of dynastic proportions.

Scott Moir, a Canadian gold medal hopeful in figure skating with his partner Tessa Virtue, watched the game in Ann Arbour, Mich., beside his rival and training mate, American Charlie White, a man who had narrowly beaten him at the recent Grand Prix Final in Tokyo — the major international tune up prior to the Olympics.

"The only thing worse than watching those guys' heartbreak was hearing Charlie's celebration," Moir reflected. "Pressure is not always an easy monster to tame."

So how will Moir, who is only 22, deal with the immensity of all those people counting on him to come through on Pacific Coliseum ice?

"I like to look the beast right in the eye," Moir explained. "That's the beauty of sport. I know I have done everything to prepare myself for that moment a million times over and I must execute. I will execute!"

Scott Moir and Tessa Virtue

Perhaps comfort comes with an athlete knowing he or she has the talent and fitness to reach peak performance at the moment the competition occurs. It is also a matter of focus.

"Healthy experienced athletes that are favourites to win are typically immersed in process and not outcome," noted 1998 Olympic bobsleigh gold medallist, Dave MacEachern. "Confidence from past success creates a great place to hide when the heat gets turned up at big events."

For the more than 200 athletes who will fly Canadian colours at home in Vancouver and Whistler there is another consideration. As it was with the junior hockey team in Saskatoon, somebody from another country might be better qualified to win.

"For the record, I think the Canadian juniors lost to a team with superior speed and defence, not because of pressure," MacEachern said.

Sometimes the pressure monster isn't the one Olympians should fear most.

Scott Russell is the Host of CBC Sports Weekend seen Saturday afternoons. He has covered professional and amateur sports including nine Olympic games and numerous world championships.

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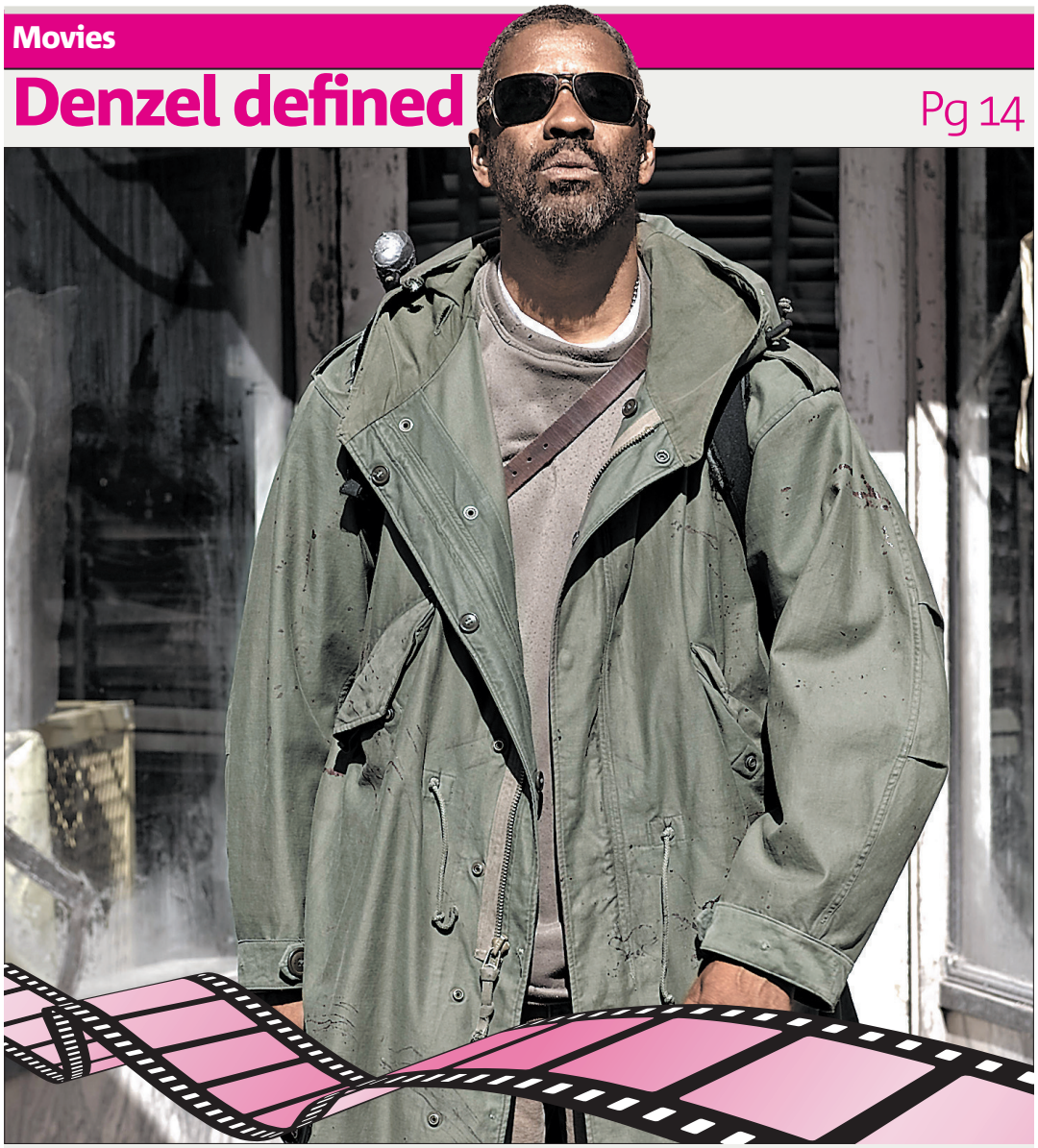
Movies&Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Movies

Denzel defined

Pg 14



Oscar-winning actor Denzel Washington is a force to be reckoned with in his new action flick, The Book of Eli.

Movies

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Oscar-nominated Amy Adams is back with Leap Year.

Music

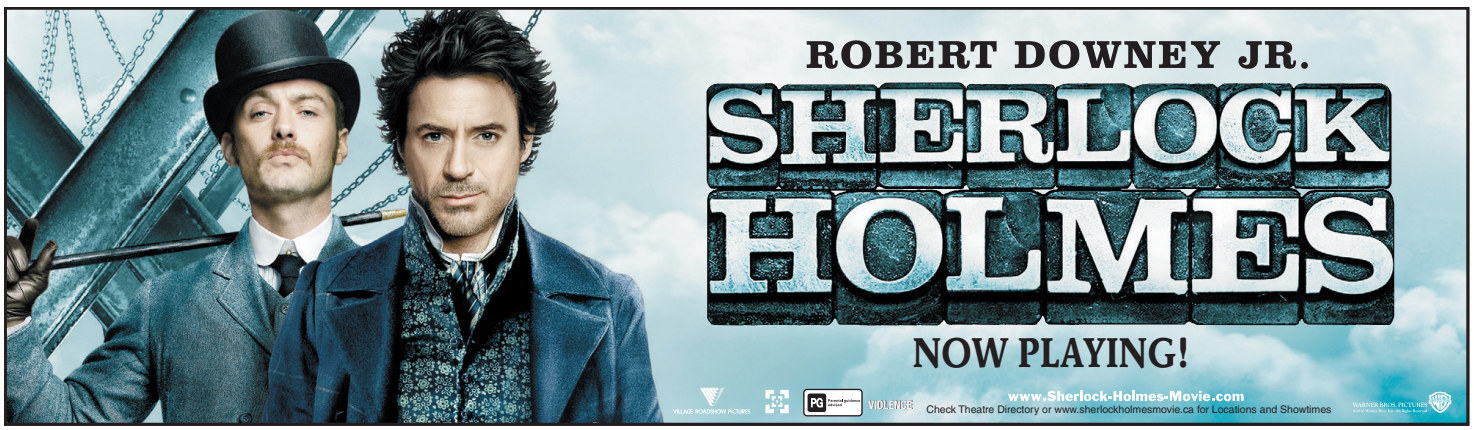
Pg 18

Former Degrassi star Drake sets up for big splash in '10.

Television

Pg 20

Bloodletting and Miraculous Cures to hit the small screen.



At a glance
Leap Year ⊕⊕, Youth in Revolt ⊕⊕⊕½, Daybreakers ⊕⊕⊕, A Single Man ⊕⊕

Movies

MOVIES EDITOR: KUMAR.SAHA@METRONEWS.CA

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Denzel gets tough in Eli

Movie **feature**

STEVE GOW
for Metro Canada

Although his thriller follows the current trend of post-apocalyptic tales, don't draw comparisons between futuristic dystopian dramas like The Road and Denzel Washington's latest film, The Book of Eli.

Not directly to Mr. Washington anyhow.

"Actually (The Road) was supposed to come out a year ago," defended the legendary actor with a chuckle during a recent interview. "I wouldn't categorize (The Book of Eli). (People) have a desire to do that so they say 'post-apocalyptic action' but I think a spiritual film. That's what's interesting about it, I think it's a lot of things."

Denzel Washington sharpened his combat skills for his latest film, The Book Of Eli.

Whatever it is, The Book of Eli marks not just the Oscar winner's latest foray into the action genre but it's also one of the 55-year old actor's most strenuous roles — playing a fist-fighting drifter who travels across desolate badlands protecting a cherished book from weapon-wielding thieves and criminals.

The Book Of Eli hits theatres next week

"I have a great job in that I get to step into all these different worlds and so I really enjoyed it. I mean I really need to continue to do that kind of work and stretch — stretching is key at my age," said Washington. "Life is short, life's no joke … it makes me want for rich experiences and I thought that this was a very unusual part to play and it allowed me to dabble in the spiritual world and the martial arts world."

One of the ways in which Washington did stretch was sharpening his combat skills. But while tutoring under such martial artists as Bruce Lee-disciple Dan Inosanto helped him prepare for the part, the boxing experience he gained from his Oscar-nominated role in 1999's The Hurricane also proved an additional benefit.

"Because of boxing, I was comfortable with fighting — although you do some things in martial arts that are completely the opposite of boxing," said the actor insisting what he mainly learned from martial arts was to "leave people alone" because you never know who they really are — a moral that applies to the film itself.

"The littlest, most unassuming person (can be) a killer," Washington insisted.

On the web

- For movie photos, trailers and screen times — or to buy tickets — visit metronews.ca/movies.

Refreshing re-Vamp

Daybreakers

Director: The Spierig Brothers
Stars: Ethan Hawke, Willem Dafoe
Classification: STC
Rating: ⊕⊕⊕

CHRIS ALEXANDER
for Metro Canada

REVIEW Cinematic vampires are often depicted as either romantic, tragic immortals drifting through time, slave to their vice, or as slobbering, blood starved wraiths; both camps are present in Daybreakers, the latest horror movie from Aussie filmmakers The Spierig Brothers (Undead).

But, this movie is a mixed (body) bag, trying to have it all ways and ultimately biting off more than it can comfortably chew.

In an after dark world owned by plague carrying vampires, Ethan Hawke plays an undead hematologist with a conscience, trying to cure his brethren while sneering at their practice of farming what is left of the human race.

When, after a chance encounter saving a pack of persecuted mortals, he becomes embroiled in a plot to overthrow the fanged powers that be, he discovers that by exposing oneself to direct sunlight and bursting into flames — or "daybreaking" — vampirism can be conquered.

Along with resistance leader and reformed ghoul Elvis (the ubiquitous Willem Dafoe), his first order of business is to lock horns with the diabolical head of his pharmaceutical employer (Sam Neill, whose welcome onscreen presence is squandered here in a thankless role) and heal the world without the aid of human experiments.

Meanwhile, a pack of blood starved "have-not" vamps are turning into bat like monsters, hell bent on feeding on man and ghoul alike. Boasting a great pulpy premise, a nifty neo-noir look and a handful of jaw dropping, brilliantly revolting set pieces, Daybreakers has all its ducks in the right place.

It's a real shame then, when after a fantastic first half hour, the film falls apart, settling into conventional, tedious Underworld/Matrix dystopian cliché garble and worse.

Brilliant prosthetic special effects however and in a genre where remakes and sequels are the order of the day, Daybreakers is refreshingly original.

- For Daybreakers photos, a trailer and screen times visit metronews.ca/movies

Firth brings dignity to Ford's Single Man

A Single Man

Director: Tom Ford
Stars: Colin Firth, Julianne Moore
Classification: STC
Rating: ⊕⊕

ADAM NAYMAN
for Metro Canada

REVIEW As its double-entendre title suggests, Tom Ford's debut feature A Single Man focuses on an isolated figure: George Falconer, a semi-closeted university professor plying his trade in pre-Stonewall California.

Colin Firth's performance in the role has a credible dignity: We see that George is a man whose gift for sublimating his true feelings — namely, his crippling grief over the death of his younger lover (Matthew Goode) in an automobile accident — has made him a stranger in his own skin.

It's a compellingly understated performance in a film unfortunately more inclined towards grand gestures.

Fashion designer-turned-director Ford favors fussy framings and glossy cinematography, and while he hits upon a few striking ideas — i.e. deploying oversaturated colours to suggest intense physical sensations — the showy technique doesn't serve the material.

The film unfolds rather schematically as a series of encounters between George and characters who prod his suicidal gloom, with the most screen time going to Julianne Moore as a faded tart nurturing an unrequited crush on her old friend.

She's borderline embarrassing, but Nicholas Houpt does better as a student wise to his teacher's condition — obviously, his experience on About a Boy gave him a knack for acting opposite brittle Brits.

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Tom not starring with Taylor
Tom Cruise will not be costarring in the forthcoming Taylor Lautner action flick Northern Lights. The film is about a young aerobatics pilot and will be directed by John Moore (Max Payne). Production begins this April in Louisiana. EW.COM

Movies

MOVIES EDITOR: KUMAR.SAHA@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Amy Adams' worst movie

Leap Year

Director: Anand Tucker
Stars: Amy Adams, Matthew Goode, John Lithgow
Classification: STC
Rating: ●●

PHIL BROWN
for Metro Canada

Amy Adams stars in Leap Year.

REVIEW It's common knowledge that Amy Adams is quite a talented actress. Some might point to her Oscar nominations as proof, but the best evidence of her skills just might be Leap Year.

It's not that Leap Year is Amy Adams' best film, in fact it's probably her worst film.

It's just that her character is so shrill, shallow, and one-dimensional that she should be loathsome.

Yet Adams somehow makes you care about the character by fully committing.

Too bad that Leap Year's screenplay is so tired and drawn out that no actress could possibly save it.

Amy Adams stars as a fast talking materialistic Bostonian obsessed with getting the right apartment and getting engaged. When her long-term boyfriend goes on a trip to Dublin in late February, Adams learns of an Irish tradition in which women propose to men on leap year and decides to fly out to pop the question.

Of course, she gets delayed and is forced to ask a rugged small town Irish man (Matthew Goode) to take her to Dublin.

Throw in a supporting cast of Irish stereotypes, awkward pacing, and a completely unmotivated love story and you've got a big ol' mess of a movie. Adams and Goode do make a cute couple, but it all goes to waste on a story and jokes that were out of date decades ago.

• For Leap Year photos, a trailer and screen times — or to buy tickets — visit metronews.ca/movies

Director hints at interference

FILM A Chinese director whose movie was pulled from an American film festival as part of a boycott over the screening of a documentary about the Dalai Lama said Thursday he accepted the decision — but hinted he was under pressure to toe the government line.

The Palm Springs International Film Festival said in a statement posted on its Web site Wednesday that Chinese film authorities pulled Lu Chuan's City of Life and Death and the comedy Quick, Quick, Slow from the event. Organizers said the Chinese acted after they refused Beijing's request they drop the documentary The Sun Behind the Clouds: Tibet's Struggle for Freedom.China considers the Dalai Lama a "splittist" seeking formal independence for Tibet. THE ASSOCIATED PRESS

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ScarJo to hit Broadway

Starting Jan. 24, Scarlett Johansson and Broadway vet Liev Schreiber will take to Broadway's stage in Arthur Miller's 1955 play, A View From the Bridge. Schreiber plays Eddie Carbone, a longshoreman from Brooklyn obsessed with his niece, played by Johansson. EW.COM

Reel Time

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Bloodsuckers big at box office

InFocus

Richard Crouse

mrchaos33@hotmail.com

Who knew there were so many fang bangers out there? The success of True Blood and the Twilight movies is proof that vampires have risen from the dead, driven a stake through the very heart of popular culture and won over new fans in unprecedented numbers.

Never before have bloodsuckers done such boffo box office, but how can this newfound popularity be called a comeback when the vampires never went away?

No amount of garlic, it seems, can keep vampires out of the theatre. This weekend Daybreakers, a film about a world where vamps outnumber humans, joins the list of vampire films which dates back to the 1900s.

In the 101 years since audiences first sunk their teeth into a vampire movie — 1909's Vampire of the Coast — vamps have come in all shapes and sizes. There's The Vampire Effect, a Chinese martial arts vampire movie (guest starring Jackie Chan), Thomas Dolby's vampire musical comedy Rockula and the self explanatory Gayracula to name just a few.

Even stranger than any of those is Dracula Blows his Cool, a 1979 German comedy featuring the Count as the proprietor of a disco in his ancestral castle. It's quite awful, but worth a rental (if you can find it) to hear the disco "hit" Rock Me Dracula (Suck! Suck!).

Vampire flicks, such as Daybreakers, have won over new audiences, says columnist Richard Crouse.

More traditional is another German film made the same year. Roger Ebert called Werner Herzog's Nosferatu the Vampyre, "the most evocative series of images centered around the idea of the vampire" since 1922's Nosferatu.

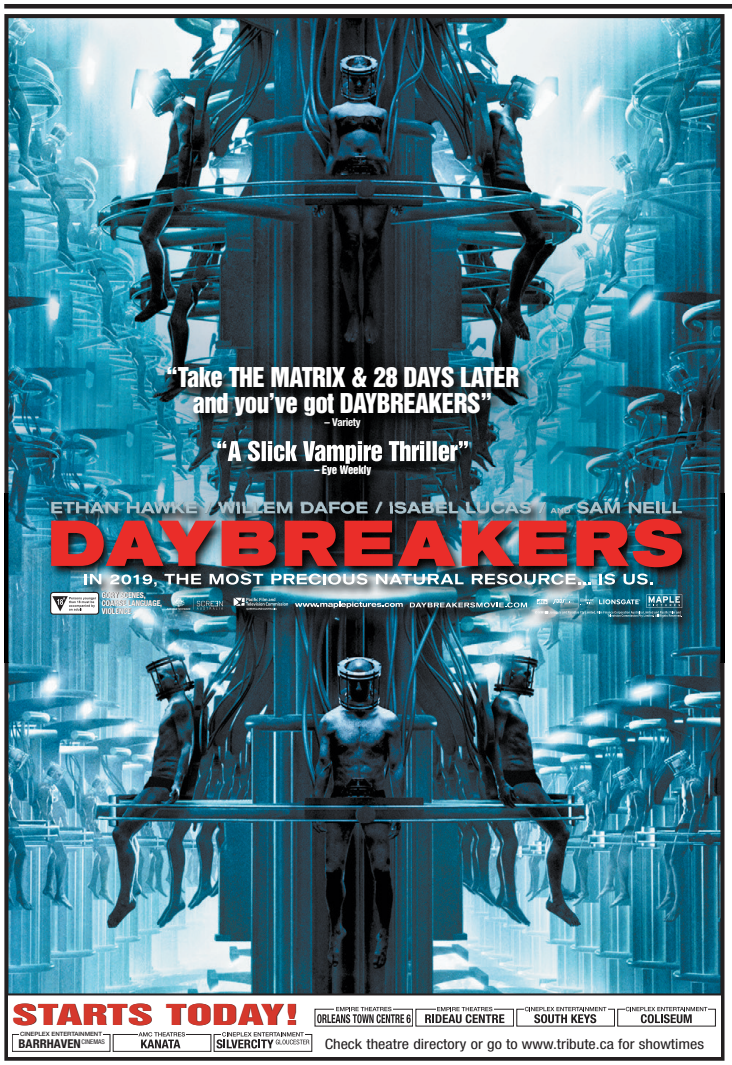
It cannot be said that this is a particularly scary movie, but Herzog's emphasis on slowly building tension and atmosphere rather than simply smearing the screen with blood is disquieting and decidedly eerie.

A little more rock'em sock'em is The Legend of the 7 Golden Vampires, the 1974 collaboration between Britain's Hammer Studios and the Hong Kong based Shaw Brothers Studio. Peter Cushing is vampire hunter Prof. Van Helsing who battles Dracula and six disciples in a remote Chinese village. It's weird and wacky, but as one critic said it gets by "on sheer novelty alone."

So many vampires, so little time. How have vampires survived when other film fads are dead and buried? Adaptability. Just as every generation has placed a hero on the pop charts cinematic vampires have shape shifted over the years, bending to the times.

How else can you explain Dracula Blows His Cool's disco dancing Drac?

Richard Crouse is the author of Son of the 100 Best Movies You've Never Seen and film critic for CTV's Canada AM.



Cera's alter ego a step forward

Youth In Revolt

Director: Miguel Arteta
Stars: Michael Cera, Fred Willard
Classification: STC
Rating: ●●●½

RICHARD CROUSE
for Metro Canada

REVIEW Youth in Revolt is the new Ferris Bueller's Day Off. It's a film about the benefits of behaving badly and, like the famous 1986 John Hughes movie, it is headlined by an actor who brings charm and wit to the role of the rebel.

Hoodie heartthrob Michael Cera plays fourteen-year-old Nick Twisp, a mild mannered collection of raging hormones and quirky personality traits. He loves Sinatra and foreign films. When his family relocates to a Christian trailer park he meets his dream girl, Sheeni Saunders (Portia Doubleday), a similarly anachronistic teenager with a taste for anything French and a dream of being swept off her feet by a bad boy named Francois.

When circumstance steps in to keep them apart he (with the help of an imaginary friend named Francois Dillinger) reverses his goody-two-shoes image and becomes a rebel with a cause — he wants to impress her.

Cera has a corner on the awkward by coming-of-age movie, and as Twisp he doesn't do anything he didn't do in Juno or Superbad, but he's charming and easy to watch. His work takes on a different dimension, however, when he slips into alter ego mode.

As the mustachioed Francois he's a refugee from a Belmondo film, equipped with a cigarette, and too tight white trousers. It's not often that an actor gets to show his range playing two characters in one film, but this is a step forward for Cera, who has been locked into the wisecracking virgin stereotype since he left the small screen's Arrested Development, grew some peach fuzz and started chasing girls on the big screen.

The supporting cast, made up of reliable old pros like Fred Willard and Steve Buscemi, do good work, but the movie wouldn't work if Sheeni wasn't the kind of girl worth throwing your life away for. In the excellently named Portia Doubleday, Youth in Revolt finds a newcomer with charisma to burn. Youth in Revolt's main strengths are its actors.

• For Youth In Revolt photos, a trailer and screen times — or to buy tickets — visit metronews.ca/movies

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This week's new releases are highlighted in pink.

Screen Times

THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 8 TO THURS., JAN. 14. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

OTTAWA

BYTOWNE CINEMA
325 Rideau St., 613-789-3456

Broken Embraces (14A) Fri 9:15 Sat 6:45 Sun 1:30-6:20 Mon 4:15 Tue 9:10 Wed 6:40 Thu 4:6:40
The Men Who Stare at Goats (14A) Fri 5 Sat 2:30 Sun 9
A Single Man (PG) Fri 7:05 Sat 4:35-9:25 Sun 4:10 Mon 6:55 Tue 7 Wed 4:30-9:20 Thu 9:20
Swimming Pool (18A) Mon 9:05 Tue 4:45

CANADIAN MUSEUM OF NATURE
240 McLeod St., 613-566-4700

Classic Animal Tracks, Volume 2 (STC) Sat-Sun 9:30-10:30-11
No Films Showing Today (STC) Mon-Wed
Oceans (STC) Fri 3 Sat-Sun 11:30-1:30-3:30 Thu 6 Fri 4 Sat-Sun 12:30-2:30 Thu 7

COLISEUM OTTAWA
3090 Carling Ave., 613-596-9475

3 Idiots (PG) Fri 12:50-4:40-8:30 Sat 12:20-8:30 Sun 12:50-4:40-8:30 Mon-Thu 4:40-8:30
Alvin and the Chipmunks: The Squeakquel (G) No Passes Fri 12:40-1:30-3-4:05-5:20-7:40-10:10 No Passes Sat 12:40-1:30-3-5:20-7:40-10:10 No Passes Sun 12:40-1:30-3-4:05-5:20-7:40-10:10 No Passes Mon-Thu 4:05-5:20-7:40-10:10
Avatar 3D (STC) No Passes Fri-Sun 12:30-2-4:30-6:20-8:10-10 No Passes Mon-Thu 4:30-6:20-8:10-10
Daybreakers (18A) Fri 1:40-4:50-7:30-10:05 Sat 1:20-4:05-7:30-10:05 Sun 1:40-4:50-7:30-10:05 Mon-Thu 4:50-7:30-10:05
It's Complicated (14A) Fri-Sun 12:45-3:40-6:30-9:20 Mon-Thu 3:40-6:30-9:20 Star & Strollers Screening Thu 1
Leap Year (PG) No Passes Fri-Sun 1-4:10-7:10-9:50 No Passes Mon-Thu 4:10-7:10-9:50
The Metropolitan Opera: Der Rosenkavalier (STC) Sat 1
The Princess and the Frog (G) Fri 1:15-3:50-7-9:25 Sat 3:50-7:15-9:35 Sun 1:15-3:50-7-9:25 Mon-Thu 3:50-7-9:25
Sherlock Holmes (PG) Fri-Sun 1:10-4:20-6:40-7:20-9:40-10:20 Mon-Thu 4:20-6:40-7:20-9:40-10:20
Up in the Air (14A) Fri 1:20-4-6:50-9:30 Sat 4-6:50-9:30 Sun 1:20-4-6:50-9:30 Mon-Thu 4-6:50-9:30 Star & Strollers Screening Thu 1
Youth In Revolt (14A) Fri-Sun 1:50-5-7:50-10:15 Mon-Thu 5-7:50-10:15

EMPIRE 7 CINEMAS
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

The Imaginarium of Doctor Parnassus (PG) Fri 4:10-7:10-10 Sat-Sun 1:10-4:10-7:10-10 Mon-Thu 4:10-7:10-10
Invictus (PG) Fri 3:45-6:45-9:45 Sat-Sun 12:45-3:45-6:45-9:45 Mon-Thu 3:45-6:45-9:45
It's Complicated (14A) Fri 3:30-6:40-9:30 Sat-Sun 12:30-3:30-6:40-9:30 Mon-Thu 3:30-6:40-9:30
Leap Year (PG) Fri 4-7:15-9:50 Sat-Sun 1-4-7:15-9:50 Mon-Thu 4-7:15-9:50
Precious: Based on the Novel ``Push'' by Sapphire (14A) Fri 3:35-6:35-9:35 Sat-Sun 12:35-3:35-6:35-9:35 Mon-Thu 3:35-6:35-9:35
Up in the Air (14A) Fri 3:40-6:30-9:40 Sat-Sun 12:40-3:40-6:30-9:40 Mon-Thu 3:40-6:30-9:40
Youth In Revolt (14A) Fri 3:50-7:10:10 Sat-Sun 12:50-3:50-7:10:10 Mon-Thu 3:50-7:10:10

MAYFAIR THEATRE
1074 Bank St., 613-730-3403, mayfair-movie.com

2012 (14A) Fri-Sun 9 Wed-Thu 7
Collapse (STC) Fri-Sun 7
Nun of That (STC) Sat 11:55 Mon 9:15
Thunderball (STC) Sat 4:30 Tue 7
The Wizard of Oz (G) Sat 2:30 Sun 5 Mon 7
You Only Live Twice (STC) Sun 2:30 Tue 9:25
Zone of the Dead (STC) Fri 11:55 Wed-Thu 9:55

OTTAWA FAMILY CINEMA
710 Broadview Ave., 613-722-8218, familycinema.ca

Disney's A Christmas Carol (STC) Sat 2
No Films Showing Today (STC) Sun-Thu
The Twilight Saga: New Moon (PG) Fri 7

RAINBOW CINEMAS
St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

2012 (14A) Fri-Wed 1-8:30 Thu 8:30 Thu 1
Armored (14A) Fri-Thu 9:20
Brothers (14A) Fri-Thu 10-12:05-2:20-6:50
Cloudy With a Chance of Meatballs (STC) Fri-Thu 12:25-2:35-4:45
Couples Retreat (PG) Fri-Thu 10:10-6:55-9:15
Disney's A Christmas Carol (STC) Fri-Thu 10:20-12:15-2:25-4:50-7:10
Fantastic Mr. Fox (PG) Fri-Thu 10:40-4:30-6:30
Ninja Assassin (18A) Fri-Thu 4:40-9:05
Planet 51 (PG) Fri-Thu 12:40-2:45-5
The Road (14A) Fri-Thu 10:30-7:05-9:25

RIDEAU CENTRE CINEMAS
50 Rideau St., 613-234-3712

Avatar (STC) Dolby Stereo Digital Fri 4:30-8:30 Dolby Stereo Digital Sat-Sun 12:50-4:30-8:30 Dolby Stereo Digital Mon-Thu 4:30-8:30
Daybreakers (18A) SDDS Digital Fri 4:10-7-9:40 SDDS Digital Sat-Sun 1:20-4:10-7-9:40 SDDS Digital Mon-Thu 4:10-7-9:40
Sherlock Holmes (PG) Dolby Stereo Digital Fri 3:50-6:40-9:25 Dolby Stereo Digital Sat-Sun 1:05-3:50-6:40-9:25 Dolby Stereo Digital Mon-Thu 3:50-6:40-9:25

SOUTH KEYS
2214 Bank St., 613-736-1115

Alvin and the Chipmunks: The Squeakquel (G) No Passes Fri 10:45-12:30-1:20-2:50-3:45-5:10-7:20-9:30 No Passes Sat 10:45-12:30-1:20-2:50-3:45-5:10-7:20-9:30 No Passes Sun 10:45-12:30-1:20-2:50-3:45-5:10-7:20-9:30
Avatar (STC) No Passes Fri-Thu 12:10-4:8
Avatar 3D (STC) No Passes Fri-Thu 10-2-6-9:40
Daybreakers (18A) Fri 10:30-1:40-4:30-7:35-10:20 Sat 10:20-1:15-4:05-7:35-10:20 Sun-Thu 10:30-1:40-4:30-7:35-10:20
Invictus (PG) Fri 12:20-3:35-6:40-10 Sat 7-10 Sun-Thu 12:20-3:35-6:40-10
It's Complicated (14A) Fri-Thu 10:25-1:30-4:20-7:10-10:10
Leap Year (PG) No Passes Fri-Thu 11-1:45-4:55-7:15-10:05
The Metropolitan Opera: Der Rosenkavalier (STC) Sat 1
The Princess and the Frog (G) Fri 10:55-1:15-3:40-6:50-9:35 Sat 10:05-3:40-6:50-9:35 Sun-Thu 10:55-1:15-3:40-6:50-9:35
Sherlock Holmes (PG) Fri 10:10-1:10-4:10-7-7:25-9:55-10:15 Sat 10:10-1:10-4:10-6:40-7:25-9:55-10:15 Sun-Thu 10:10-1:10-4:10-7-7:25-9:55-10:15
Up in the Air (14A) Fri 10:15-12:50-3:25-6:35-9:10 Sat 10:15-12:50-6:35-9:10 Sun-Thu 10:15-12:50-3:25-6:35-9:10
Youth In Revolt (14A) Fri-Thu 10:40-1:25-4:15-7:05-9:50

GATINEAU

CINÉ-CAMPUS UQO
283 rue St-Jean-Bosco, 819-773-1888

CINÉMA DES GALERIES D'AYLMER
400 boul. Wilfrid-Lavigne, 819-248-2526

Alvin and the Chipmunks: The Squeakquel (G) Fri-Sun 1-3-7-9 Mon 7 Tue 7-9 Wed-Thu 9:20
Avatar 3D (STC) Fri-Sun 12:40-4-7:30 Mon 7:30 Tue 12:40-4-7:30 Wed-Thu 7:30
Leap Year (PG) Fri-Sun 1:10-3:20-7:10-9:20 Mon 7:10 Tue 1:10-3:20-7:10-9:20 Wed-Thu 7:10-9:20
Sherlock Holmes (PG) Fri-Sun 12:50-3:30-6:50-9:30 Mon 6:50 Tue 12:50-3:30-6:50-9:30 Wed-Thu 6:50-9:30
Still Walking (STC) Tue 1-3:30 Wed-Thu 7

CINÉ-STARZ
1100 boul. Maloney Ouest, 819-568-8000

Les 2 font la père (G) Fri-Sun 12-1:35-3:10 Mon-Thu 12-1:35-7:40
Astro v.f. (STC) Fri-Sun 12-5:10
Il pleut des hamburgers (G) Fri-Sun 12-1:35-3:10 Mon-Thu 12-3:20-5
L'éveil d'un champion (G) Fri-Sun 8:45 Mon-Thu 3:10-5:25-9:15
Ninja Assassin (16+) Fri-Sun 5-7-9 Mon-Thu 5-6:45-8:30
Noémie: Le secret (STC) Fri-Sun 1:40-3:25-7 Mon-Thu 1:35-6:35-8:20
Planet 51 (G) Fri-Sun 1:40-3:20-5-6:45 Mon-Thu 12-1:40-3:20
Pour Toujours, Les Canadiens! (STC) Fri-Sun 5-8:30 Mon-Thu 1:40-3:20-5:05-8:30
Un Conte de Noël (G) Fri-Sun 12-6:45-8:30 Mon-Thu 12-6:45

GATINEAU 9
120 boul. de l'Hôpital, 819-568-6070

2012 (G) Fri-Thu 9
Alvin et les Chipmunks: La suite (G) No Passes Fri 6:45-8:45 No Passes Sat-Sun 12-2:15-4:30-6:45-8:45 No Passes Mon 6:45-8:45 No Passes Tue 12-2:15-4:30-6:45-8:45 No Passes Wed-Thu 6:45-8:45
Avatar (G) No Passes Fri 8 No Passes Sat-Sun 12:30-4:10-8 No Passes Mon 8 No Passes Tue 12:30-4:10-8 No Passes Wed-Thu 8
C'est compliqué (G) Fri 6:50-9:25 Sat-Sun 12:50-3:35-6:50-9:25 Mon 6:50-9:25 Tue 12:50-3:35-6:50-9:25 Wed-Thu 6:50-9:25
L'aube des Survivants (STC) Fri 7:15-9:30 Sat-Sun 1-3:15-7:15-9:30 Mon 7:15-9:30 Tue 1-3:15-7:15-9:30 Wed-Thu 7:15-9:30
The Metropolitan Opera: Der Rosenkavalier (STC) Sat 1
Millénium 2 (STC) Fri 6:20-9:05 Sat-Sun 12:40-3:25-6:20-9:05 Mon 6:20-9:05 Tue 12:40-3:25-6:20-9:05 Wed-Thu 6:20-9:05
Neuf (G) Fri 6:30-9:10 Sat-Sun 1:10-3:40-6:30-9:10 Mon 6:30-9:10 Tue 1:10-3:40-6:30-9:10 Wed-Thu 6:30-9:10
La princesse et la grenouille (G) Fri 7 Sat-Sun 1:05-3:20-7 Mon 7 Tue 1:05-3:20-7 Wed-Thu 7
La Saga Twilight: Tentation (G) Fri-Sat 6:40-9:35 Sun 1:15-4:6:40-9:35 Mon 6:40-9:35 Tue 1:15-4:6:40-9:35 Wed-Thu 6:40-9:35
Sherlock Holmes (G) Fri 7:05-9:45 Sat-Sun 12:15-3-7:05-9:45 Mon 7:05-9:45 Tue 12:15-3-7:05-9:45 Wed-Thu 7:05-9:45

STARCITÉ HULL
115 boul. du Plateau, 819-770-1090, cinemasfortune.ca

Alvin and the Chipmunks: The Squeakquel (G) Fri-Thu 12:45-4:15-7:05-9:35
Alvin et les Chipmunks: La suite (G) Fri-Thu 1-1:15-4:05-4:20-7:30-9:35
Avatar (G) Fri-Thu 12:10-3:30-6:50-10:10 Fri-Thu 12:05-3:25-6:45-10:05
Avatar 3D (G) Fri-Thu 12-3:20-6:40-10
Brothers (13+) Fri-Thu 6:35-9
Daybreakers (13+) Fri-Thu 1:10-4-7:15-9:30
Did You Hear About the Morgans? (G) Fri-Thu 7:25-9:50
Invictus (G) Fri-Thu 3:15-6:20-9:15
It's Complicated (G) Fri-Thu 12:25-3:05-6:25-9:05
Leap Year (G) Fri-Thu 12:40-3:45-7-9:25
Millénium 2 (STC) Fri-Thu 12:15-3:10-6:15-9:10
Nine (G) Fri-Thu 12:30-3:40-6:30-9:20
The Princess and the Frog (G) Fri-Thu 12:50
La princesse et la grenouille (G) Fri-Thu 1:05-3:55
Sherlock Holmes (G) Fri-Thu 12:20-3:35-7:10-9:55 Fri-Thu 12:35-3:50-6:55-9:45
Youth In Revolt (13+) Fri-Thu 12:55-4:10-7:20-9:40

BARRHAVEN

BARRHAVEN CINEMAS
131 Riocan Dr., 613-825-2463

Alvin and the Chipmunks: The Squeakquel (G) No Passes Fri 6:30-9:20 No Passes Sat-Sun 1-3:30-6:30-9:20 No Passes Mon-Thu 5:40-8
Avatar 3D (STC) No Passes Fri 8:30 No Passes Sat-Sun 12:30-4:30-8:30 No Passes Mon-Thu 5-8:45
The Blind Side (PG) Fri-Sat 6:40-9:40 Sun 12:40-3:40-6:40-9:40 Mon-Thu 5:10-8:10
Daybreakers (18A) Fri 7-10 Sat-Sun 1:30-4-7-10 Mon-Thu 6-8:20
It's Complicated (14A) Fri 7:20-10:10 Sat-Sun 1:20-4:20-7:20-10:10 Mon-Thu 5:50-8:40 Star & Strollers Screening Thu 1
The Metropolitan Opera: Der Rosenkavalier (STC) Sat 1
The Princess and the Frog (G) Fri 7:10-9:30 Sat-Sun 1:10-4:10-7:10-9:30 Mon-Thu 5:20-7:50
Sherlock Holmes (PG) Fri 6:50-9:50 Sat-Sun 12:50-3:50-6:50-9:50 Mon-Thu 5:30-8:30 Star & Strollers Screening Thu 1

GLOUCESTER

SILVERCITY
2385 City Park Dr., 613-688-8800

Alvin and the Chipmunks: The Squeakquel (G) No Passes Fri-Thu 12:10-2:35-4:50-7:10-9:45
Avatar 3D (STC) No Passes Fri-Thu 1-2-4:30-6:20-8:10
Avatar: An IMAX 3D Experience (STC) No Passes Fri-Thu 12-3:30-7:10:30
The Blind Side (PG) Fri 12:45-3:40-6:45 Sat 12:45-7:05 Sun-Thu 12:45-3:40-6:45
Daybreakers (18A) Fri-Thu 11:45-2:25-5:10-7:50-10:25
Did You Hear About the Morgans? (PG) Fri-Thu 9:50
The Imaginarium of Doctor Parnassus (PG) Fri 12:30-3:35-6:35-9:25 Sat 3:55-6:35-9:25 Sun-Thu 12:30-3:35-6:35-9:25
Invictus (PG) Fri 9:40 Sat 10:05 Sun-Thu 9:40
It's Complicated (14A) Fri-Tue 12:25-3:25-6:25-9:35 Wed 3:45-6:25-9:35 Thu 12:25-3:25-6:25-9:35 Star & Strollers Screening Wed 1
Leap Year (PG) No Passes Fri-Thu 12:20-3-6:50-9:30
The Metropolitan Opera: Der Rosenkavalier (STC) Sat 1
Nine (PG) Fri-Tue 12:50-3:50-6:40-9:20 Wed 3:50-6:40-9:20 Thu 12:50-3:50-6:40-9:20 Star & Strollers Screening Wed 1
The Princess and the Frog (G) Fri-Thu 11:50-2:20-4:40-7:20
Sherlock Holmes (PG) Fri-Thu 11:40-1:10-2:45-4:15-6-7:15-9:10-10:20
The Twilight Saga: New Moon (PG) Fri 12:15-3:15-6:15-9:15 Sat 6:45-9:55 Sun-Thu 12:15-3:15-6:15-9:15
Up in the Air (14A) Fri-Tue 1:25-4:25-7:35-10:15 Wed 1:25-4:25-10:15 Thu 1:25-4:25-7:35-10:15
Youth In Revolt (14A) Fri-Thu 12:05-2:30-5-7:45-10:10

ORLEANS

ORLEANS TOWN CENTRE 6 CINEMAS
250 Centrum Blvd., 613-834-0666

KANATA

KANATA 24
801 Earl Grey Dr., 613-599-1200

2012 (14A) SDDS Digital Fri-Sun 11:25-5:35 SDDS Digital Mon-Thu 5:35
Alvin and the Chipmunks: The Squeakquel (G) SDDS Digital Fri-Sun 11:15-11:45-1:40-2:10-4:05-4:35-6:35-7:05-9:05-9:35 SDDS Digital Mon-Wed 2:10-4:05-4:35-6:35-7:05-9:05-9:35 SDDS Digital Thu 2:10-4:05-6:35-9:05 SDDS Digital Fri-Sun 11:15-1:40-4:05-6:35-9:05 SDDS Digital Mon-Thu 4:05-6:35-9:05
Avatar (STC) SDDS Digital Fri-Sat 10:30-12:15-2:05-4-5:40-7:45-9:15 SDDS Digital Sun 11:30-12:15-3:15-4-7:7:45 SDDS Digital Mon-Thu 3:15-4-7:7:45
Avatar 3D (STC) SDDS Digital, Special Engagement Fri-Sat 11:30-3:15-7:10:30 SDDS Digital, Special Engagement Sun 10:30-2:05-5:40-9:15 SDDS Digital, Special Engagement Mon-Thu 2:05-5:40-9:15
The Blind Side (PG) SDDS Digital Fri-Sun 10:55-1:50-4:40-7:35-10:25 SDDS Digital Mon-Wed 2:50-5:45-8:35 SDDS Digital Thu 2:50
Daybreakers (18A) SDDS Digital, Special Engagement Fri-Sun 11:30-12:15-2:2:45-4:30-5:15-7:15-8-9:40-10:25 SDDS Digital, Special Engagement Mon-Thu 2:2:45-4:30-5:15-7:15-8-9:40
Did You Hear About the Morgans? (PG) SDDS Digital Fri-Thu 3-9:05
The Imaginarium of Doctor Parnassus (PG) SDDS Digital, Special Engagement Fri-Sat 10:35-1:30-4:25-7:30-10:30 SDDS Digital, Special Engagement Sun 10:35-1:30-4:25-7:30-10:20 SDDS Digital, Special Engagement Mon-Thu 2:15-5:15-8:15
Invictus (PG) SDDS Digital Fri-Sun 1-4:10-7:10-10:10 SDDS Digital Mon-Thu 4:10-7:10-10:10
It's Complicated (14A) SDDS Digital Fri-Sat 11-1:50-4:45-7:40-10:30 SDDS Digital Sun 11-1:50-4:45-7:40 SDDS Digital Mon-Thu 2-4:15-4:45-7:10-7:40-10 SDDS Digital Fri-Sat 10:30-11-1:20-1:50-4:15-4:45-7:10-7:40-10:10 SDDS Digital Sun 10:30-11-1:20-1:50-4:15-4:45-7:10-7:40-10 SDDS Digital Mon-Thu 2-4:45-7:40
Leap Year (PG) SDDS Digital, Special Engagement Fri-Sun 11:15-11:45-2:2:30-4:40-5:10-7:15-7:45-9:45-10:15 SDDS Digital, Special Engagement Mon-Thu 2-2:30-4:40-5:10-7:15-7:45-9:45-10:15
Nine (PG) SDDS Digital Fri-Sun 10:40-1:35-4:35-7:25-10:15 SDDS Digital Mon-Thu 4:35-7:25-10:15
The Princess and the Frog (G) SDDS Digital Fri-Sun 10:45-1:15-3:45-6:30-9 SDDS Digital Mon-Wed 3:45-6:30-9 SDDS Digital Thu 3:45
Sherlock Holmes (PG) SDDS Digital Fri-Sat 10:35-11:35-12:45-1:30-2:30-4-4:30-5:30-7-7:30-8:30-10-10:30 SDDS Digital Sun 10:35-11:35-12:45-1:30-2:30-4-4:30-5:30-7-7:30-8:30-10 SDDS Digital Mon-Thu 2:30-4-4:30-5:30-7-7:30-8:30-10
The Twilight Saga: New Moon (PG) Fri-Thu 1:05-4:05-7:05-10:05
Up in the Air (14A) SDDS Digital Fri-Sun 11:20-2:05-4:50-7:35-10:20 SDDS Digital Mon-Thu 2:05-4:50-7:35-10:20
The Young Victoria (PG) SDDS Digital Fri-Sun 11:40-2:25-5:7:40-10:20 SDDS Digital Mon-Wed 2:25-5:7:40-10:20 SDDS Digital Thu 2:25
Youth In Revolt (14A) SDDS Digital, Special Engagement Fri-Sun 10:40-1:3:15-5:30-7:50-10:15 SDDS Digital, Special Engagement Mon-Thu 3:15-5:30-7:50-10:15

m.metronews.ca

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Women's Health Centre
Centre de santé pour les femmes
The Ottawa Hospital L'Hôpital d'Ottawa

An Investigational Oral Contraceptive Pill Clinical Research Study

Many women who take the birth control pill have pelvic pain, cramping, or headaches during the hormone-free interval (the week off the pill when they either take sugar pills or no pill at all). They may also have breast tenderness, nausea, vomiting, heavy bleeding, bloating, or swelling.

A new birth control method has been developed in an investigational study and is currently being evaluated in a worldwide research study. This investigational drug may reduce the amount of pelvic pain or headaches women have during the hormone-free interval compared to other birth control pills.

You may qualify to take part in this study if:
- You are between 18 and 50 years old
- You are currently taking a monthly birth control pill
- You have pelvic pain/cramping or headaches during your week off the pill

For more information, please contact:
Lorraine Denis
Clinical Research Coordinator
The Ottawa Hospital – Riverside Campus
613-738-8400 ext 81732

This research project has been approved by the Ottawa Hospital Research Ethics Board.

Every four years... tradition is toast.
AMY ADAMS MATTHEW GOODE
LEAP YEAR
UNIVERSAL PICTURES AND SPYGLASS ENTERTAINMENT PRESENT A BARBER/BIRNBAUM PRODUCTION A BENDERSPINK PRODUCTION A FILM BY ANAND TUCKER
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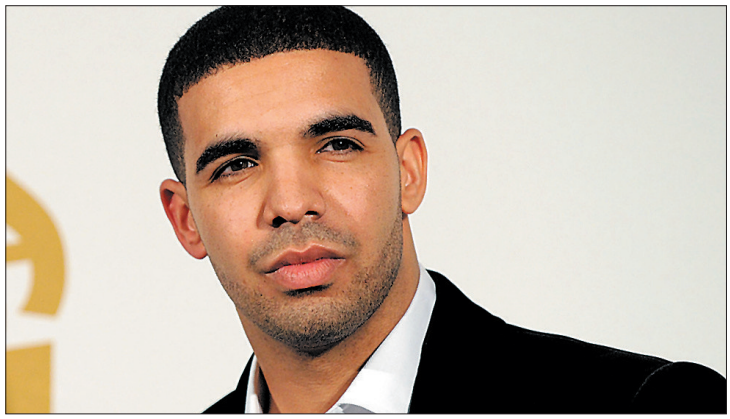
Billboard's top-selling albums
1. I Dreamed A Dream, Susan Boyle; 2. The Fame, Lady Gaga; 3. The Element of Freedom, Alicia Keys; 4. Stronger With Each Tear, Mary J. Blige; 5. Fearless, Taylor Swift. METRO NEWS SERVICES

Music

What to expect in music this year

Drake among artists poised to make headlines

BRYAN BORZYKOWKI
for Metro Canada



Toronto rapper Drake, right, could very well become an international star this year, while K'Naan, above, is one of several musicians scheduled to play the Vancouver Olympics.

A lot happened in the music world over the last 12 months, but 2010 is shaping up to be an even more eventful year.

It could be a big year for both downloading and record sales, while one Canadian rapper is poised to become the biggest artist in the world. Here are a few things you can expect in 2010:

Michael Jackson's music: While Michael Jackson sold plenty of albums in 2009, his estate is sitting on an even larger goldmine. It's been reported that the King of Pop recorded about 100 songs that haven't been released. If we've learned anything from the myriad musicians who've met untimely deaths, it's that anything released posthumously sells extremely well. If this treasure trove of tunes really exists, the songs will likely be released over the next several years, but there's no doubt something will come out in 2010 — and sales will be through the roof.

Spotify: If you haven't heard of Spotify, you will soon. It's currently the most talked about music file sharing website on the planet and will likely be coming to Canada sometime this year. The site allows people to find any song they want and stream high-quality music. It's like Napster, but without the downloading. And it doesn't cost a cent. Users can pay for an ad-free version of the site, but they don't have to. It's already available overseas, but once it hits North American shores, iTunes can kiss its near-monopoly on digital music goodbye.

Soundgarden reunion: As exciting as the Stone Temple Pilots reunion was, every grunge loving 20-something has really been waiting for Soundgarden to re-form. Well, they got their wish — the band announced that, after 12 years apart, they will play some dates this year, though when or where has yet to be confirmed.

Olympics: The Olympics are, obviously, all about the athletes. But it's the many musicians who will be playing various shows around Vancouver and Whistler who will really make attending the games worthwhile. The list of performers is extensive, but it includes K'Naan, Bell Orchestre, Hawksley Workman, Broken Social Scene and Tegan and Sara.

Drake: Toronto wonder boy Drake had a stellar 2009, but with his first studio full-length hitting shelves in March he's about to become a bona fide super star. The former Degrassi actor teams up with Jay-Z on parts of Thank Me Later and with the cred that being Lil Wayne's pet project brings, there's no way Drake can't have a remarkable 2010.

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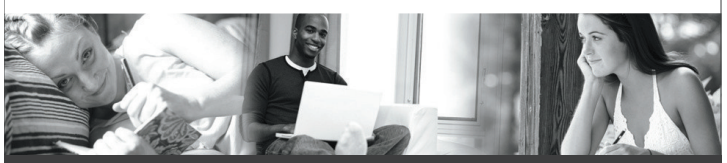

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relationship management

Music

New music preview

SoundCheck

Vampire Weekend's new album Contra will be out next week.

As we try to come to a consensus on how to pronounce this year ("Twenty-ten?" "Two thousand and ten?"), here's a fast preview of some of the music we'll see in the coming months.

January-February: Hipster bloggers are most interested in Vampire Weekend's second album, Contra (Tuesday). Meanwhile, Finnish melodic metal band HIM is hoping that their new album Screamworks: Love in Theory and Practice (Feb 9) will be their North American breakthrough.

March: I'm most interested in Broken Bells, a collaboration between Danger Mouse (Gnarls Barkley, Beck, Gorillaz) and James Mercer of the Shins (March 9). Crash Karma, Canada's supergroup (featuring ex members of OLP, I Mother Earth and the Tea Party), had a top ten single in Awake before (a) they had a record deal; and (b) before they had an album. I've heard a chunk of this stuff and it's very good. A debut album will be out March 10. My Chemical Romance will have a yet-as-untitled album in stores March 30. Watch for a single in the coming weeks.

April: The Deftones have two albums in the pipeline, one of which is called Eros, but it's been shelved since a car accident sent bass player Chi Cheng into a coma. A new Chi-less CD — no title yet — is on the schedule for April 26.

May: Broken Social Scene has promised to release a new CD.

The rest: Now that Adam Yauch's cancer is under control, the Beastie Boys will finally get around to releasing Hot Sauce Committee Part II in the coming months ... I'm convinced there will be a new U2 studio album before the next leg of the U2:360 tour kicks off in the spring. Rumours are it'll be called Songs of Ascent, but there's no indication on what approach they've taken ... Gaslight Anthem will follow up the excellent The '59 Sound with a new record in June ... There should be a second album from Jack White and the Dead Weather this summer ... Linkin Park is readying their fourth album for release this fall ... MGMT's second album will be called Congratulations and should be out in the third quarter ... Finger 11 is working on their sixth album for release before the end of the year ... A new STP record? Believe it ... The Strokes? Apparently, but we don't know when.

Also coming in 2010: Godsmack, Gorillaz, Jimmy Eat World, Kid Rock and Seether.

The Ongoing History Of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com

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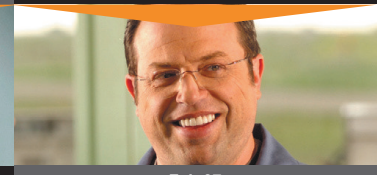
THÉÂTRE CENTREPOINTE THEATRE

Jan 29
Steven Wright

Feb 5
Rik Emmett, Oscar Lopez, Pavlo

Feb 6
Chantal Kreviazuk

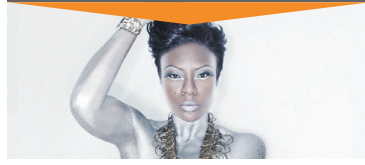
Feb 10
Brent Butt



Feb 26
Classic Albums Live
Supertramp - Crime of the Century

Feb 27
The Cooper Brothers

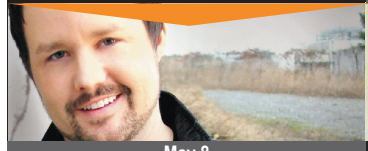
Mar 18
Jully Black



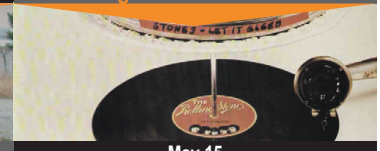
Mar 22 + 23
Our Lady Peace

CENTRE DES ARTS SHENKMAN ARTS CENTRE

Feb 3
Deric Ruttan



May 1
Classic Albums Live
Rolling Stones - Let It Bleed



May 8
Aaron Lines

May 15
The English Beat

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Avril Lavigne will be Idol judge

Newly single Avril Lavigne will be among the guest judges who appear on the new season of American Idol. The singer joins the rest of the judging panel during auditions in L.A. Her episode airs Jan. 27. METRO NEWS SERVICES

Television

Shawn Ashmore, left, Mayko Nguyen and Byron Mann star in Bloodletting and Miraculous Cures.

Series brings Lam's young doctors to TV

Vincent Lam compares watching the TV version of his Giller Prize-winning novel Bloodletting & Miraculous Cures to looking at a can of soup. Say what?

"It's like when Andy Warhol did a painting of a can of soup," explains the author/doctor. "And you know it's a can of soup. You recognize it as a can of soup. Bit it's different — it changes when it's fleshed out in a different visual form."

Okay. But did Lam like it? Was this eight-hour version of his tale of three young doctors everything he hoped for?

"It was. I knew with the changes in formats, there would be differences in story-telling," says the Toronto-based Lam.

"My hope from the get-go was that it'd be true to the spirit of the book — to bring forth these human beings who are trying to do good. And I think if you really want to know how doctors live and work, you'll find this satisfying."

The miniseries centres on three conflicted doctors — Fitz (Shawn Ashmore), Ming (Mayko Nguyen) and Chen (Byron Mann) — whose complicate friendship (romantic and otherwise) proves a distraction to their jobs as doctors.

In telling its story, Bloodletting jumps from the three characters' days in medical school to a present-day emergency room, revealing a triangular relationship that's anything but simple.

"In the first episode, you see the beginning of their story and the end. And the rest of the series sort of fills in the middle," says Ashmore (X-Men, Terry). "It's a great tool to jump around because it allows you to see in the past, then immediately see what that leads to 10 years later."

Bloodletting

- Bloodletting & Miraculous Cures premieres on HBo-Canada Sunday night.

Ashmore says having Lam's book as a guide was a real plus to his performance.

"I read the book before the scripts so I'd have an idea what I was walking into. And yet there were also certain elements in the book I explored in my performance — these experiences that you could use in the character."

FRIDAY

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/8/10	265	353	2	TVO	Joanna Lumley-Northern		Agenda With Steve Paikin		Heartbeat "The Runaways"		A. Gregg	Film 101	Agenda-Paikin
primetime	211	331	3	GTV	ET Canada	Entertainment	Dollhouse (HDTV) (N)		Shark Tank (N)		NUMB3RS "Scratch"		News Hour
	209	342	6	CHRO	Degrassi	TMZ (N)	*Wall of Secrets* (2003, Suspense) Nicole Eggert.				Comedy Now	Comedy Inc.	Comedy Now
	196	311	7	CTV	etalk	Access H.	Ghost Whisperer (N)		Medium (HDTV) (N)		Flashpoint "Aisle 13"		CTV News
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	Marketplace	CBC News: the fifth estate		CBC News: The National (N)		The Hour (N)
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	Dateline NBC				Auto Show Sneak Peek		News
	-	362	13	CBS	The Insider	Judge-Brown	Ghost Whisperer (N)		Medium (HDTV) (N)		NUMB3RS "Scratch"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Murdoch Mysteries (HDTV)		Supernanny (N)		Man Tracker (DVS)		The Jay Leno Show (N)		News
	218	345	18	CHCH	*Samurai Cowboy* ★★ (1994, Western) Hiromi Go.				*Jailbait* ★ (2000, Drama) Kevin Mundy, Scott McCord.				News at 11
	-	361	20	ABC	Action News	Entertainment	Supernanny (N)		Shark Tank (N)		20/20 (HDTV) (N)		News
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones Block party.		Dollhouse (HDTV) (N)		FOX 2 News (N)		News
news	500	500	33	CNN	CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Ms. Fitness USA '09		Ms. Fitness World '09		Hooters Dream Girl Special		Sportsnet Connected		Prime Time
	126	730	28	RDI	24 Heures en 60 minutes		Les Grands reportages		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	NBA Basketball Toronto Raptors at Memphis 76ers. (HDTV) (Live)					SportsCentre		That's Hockey	SportsCentre
family	554	544	48	TEL	Batman: Brave	Wolverine	Justice	Star Wars Clo.	Futurama	King of Hill	*Titan A.E.* (2000, Science Fiction)		
	557	540	51	FAM	Sonny Chance	*Life Is Ruff* (2005, Comedy)			*Dennis the Menace* (1993, Comedy)			*Adventures of the Cactus Kid*	
	551	542	65	YTV	iCarly "iGo to Japan"			iCarly	That's-Weird	Fries That?	Prank Patrol	Prank Patrol	Prank Patrol
cable variety	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal
	628	584	32	SPKE	UFC Unleashed (HDTV)		UFC Unleashed		Ultimate Fighting Championship 95: Sanchez vs. Stevenson (HDTV)				
	616	521	39	SHO	Relic Hunter		*Alice* (2009, Adventure) Caterina Scorsone.				Kenny vs.	Kenny-Spenny	Trailer Park
	520	505	42	DIS	Daily Planet (N)		Dirty Jobs		Man vs. Wild "Namibia"		Hunt for the Mad Trapper		Daily Planet
	581	566	53	MTV	Over the Bolts	Peak Season	Peak Season	Peak Season	The Real World "D.C."		Teen Mom		1 girl 5 gays
	522	506	55	HIS	Ancients Behaving Badly		Nostradamus Effect		*Double Jeopardy* ★★★ (1999, Suspense) Tommy Lee Jones.				
	603	561	95	FN	Ricardo	Eat, Shrink	The Wild Chef	Chef Abroad	Bobby Flay	Bobby Flay	Diner, Drive-In	Diner, Drive-In	Ramsay

SATURDAY

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/8/10	265	353	2	TVO	National Geographic		*The Little Drummer Girl* ★★ (1984, Suspense)			The Interviews	(10:45) *Heaven* (2002)	
primetime	211	331	3	GTV	renegade	Jane Show	*In Her Mother's Footsteps* (2006, Suspense) Premiere.			The Guard	TBA	News Hour
	209	342	6	CHRO	The Road to Avonlea		*The Saddest Music in the World* (2003, Musical)			Stargate Atlantis		Bravo!FACT
	196	311	7	CTV	NFL Football: AFC Wild-Card		NFL Football NFC Wild-Card -- Philadelphia Eagles at Dallas Cowboys. (HDTV) (Live)					CTV News
	208	303	8	CBC	NHL Hockey Pittsburgh Penguins at Toronto Maple Leafs. (HDTV) (Live)						NHL Hockey: Flames at Canucks		
	-	360	9	NBC	NFL Football: AFC Wild-Card		NFL Football NFC Wild-Card -- Philadelphia Eagles at Dallas Cowboys. (HDTV) (Live)						News
	-	362	13	CBS	Paid Program	The Insider	Ghost Whisperer		NUMB3RS "Cover Me"		48 Hours Mystery (N)		CSI: NY
	216	395	14	OMN2	Most Amazing	Trendy Zone	*Turning Point* (2009, Crime Drama) Michael Tse, Francis Ng.				Buffalo Spirit	Buffalo Spirit	Most Amazing
	214	344	15	CITY	Most Amazing	Role	Glenn Martin	Out There	*The Incredible Mrs. Ritchie* ★★ (2003, Drama) (DVS)				News
	218	345	18	CHCH	*Sunshine* ★★★ (1999, Historical Drama) Ralph Fiennes, Rosemary Harris, Rachel Weisz.								News at 11
	-	361	20	ABC	Entertainment Tonight		The Bachelor: On the Wings of Love (HDTV)				Castle (HDTV)		News
	-	365	36	FOX	Bernie Mac	Seinfeld	Cops (N)	Cops	America's Most Wanted		FOX2 News at 10:00pm (N)		Wanda Sykes
news	500	500	33	CNN	Newsroom		Campbell Brown		Larry King Live		Newsroom		Camp. Brown
sports	406	417	27	net	English Premier League Soccer Arsenal vs. Everton.				The Ultimate Fighter (HDTV)		PartyPoker.net		Sportsnet
	126	730	28	RDI	Journal	109 (SC)	Découverte (HDTV) (SC)		Le Téléjournal	RDI 15 ans en direct		Tellement	Le Téléjournal
	400	280	30	TSN	World Poker Tour		Boxing Sergio Martinez vs. Paul Williams, Middleweights.				SportsCentre (HDTV) (Live)		
family	554	544	48	TEL	*Cats & Dogs* ★★ (2001, Comedy) Jeff Goldblum.				Futurama	King of Hill	Chicken	Venture Bros.	Moral Orel
	557	540	51	FAM	Suite/Deck	Zoey 101	Suite Life	Han. Montana	*Grumpy Old Men* ★★ (1993, Comedy)			(10:44) *Bob the Butler*	
	551	542	65	YTV	Zeke's Pad	Prank Patrol	Amer. Funniest Home Videos		That's-Weird	Prank Patrol	Survive This	Ghost	Adrenaline
cable variety	615	520	31	A&E	CSI: Miami (HDTV)		CSI: Miami (HDTV)		CSI: Miami (HDTV)		CSI: Miami (HDTV)		CSI: Miami
	628	584	32	SPKE	(6) *Die Hard With a Vengeance* (1995)				*Die Hard* ★★★ (1988, Action) (HDTV) Bruce Willis, Alan Rickman, Bonnie Bedelia.				
	616	521	39	SHO	Slings and Arrows		*Alice* (2009, Adventure) Caterina Scorsone.				*Night at the Museum* (2006, Comedy)		
	520	505	42	DIS	Cash Cab (N)	Cash Cab	Destroyed	Destroyed	Dirty Jobs "Glass Maker"		Verminators "Trial by Rat"		Criss Angel
	581	566	53	MTV	Peak Season	After	Over the Bolts	Over the Bolts	Over the Bolts	Over the Bolts	Cribs	Cribs	After
	522	506	55	HIS	Nostradamus Effect		Cities of the Underworld		*The Bourne Identity* ★★★ (2002, Suspense) Matt Damon.				
	603	561	95	FN	Glutton	Chef Abroad	Hugh's Chicken Run (N)		Chopped		Top Chef Masters		The F Word

SUNDAY

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/10/10	265	353	2	TVO	Monarchy		Born to Be Different (N)		*Coming Down the Mountain* (2007)			The Corporation
primetime	211	331	3	GTV	Family	'Til Death	The Simpsons	The Simpsons 20th		Cleveland	(10:01) Brothers & Sisters		News Hour
	209	342	6	CHRO	TMZ (N)		*Charlie's Angels: Full Throttle* ★★ (2003, Action)				Nip/Tuck (N)		In Fashion
	196	311	7	CTV	NFL Football	TBA	Cold Case (HDTV) (N)		Desperate Housewives		Criminal Minds (HDTV)		CTV News
	208	303	8	CBC	Heartland (N) (DVS)		*Shake Hands With the Devil* ★★ (2007, Drama)				CBC News: The National		Great War
	-	360	9	NBC	Dateline NBC				Chuck Chuck flunks out of spy school. (N)				News
	-	362	13	CBS	60 Minutes (HDTV) (N)		NCIS: Los Angeles		Cold Case (HDTV) (N)		Criminal Minds (HDTV)		CSI: Miami
	216	395	14	OMN2	Whose Sharia Is It Anyway?		Bollywood Boulevard (DVS)		Hockey	Most Amazing	Aaram	Arirang Korea	Of Blessings
	214	344	15	CITY	Survivorman (DVS)		Extreme Makeover: Home		Chuck Chuck flunks out of spy school. (N)				News
	218	345	18	CHCH	*Dude, Where's My Car?* ★ (2000, Comedy) Ashton Kutcher.				*The Mummy Returns* ★★ (2001, Adventure), Rachel Weisz				News at 11
	-	361	20	ABC	New American Road: How		Extreme Makeover: Home		Desperate Housewives		(10:01) Brothers & Sisters		News
	-	365	36	FOX	NFL Football	Postgame	The Simpsons	The Simpsons 20th		Cleveland	FOX2 News at 10:00pm (N)		Sportsworks
news	500	500	33	CNN	Newsroom		Campbell Brown		Larry King Live		Newsroom		State/Union
sports	406	417	27	net	NHL Hockey	Overtime	QMJHL Hockey P.E.I. Rocket at Drummondville Voltigeurs.						Sportsnet
	126	730	28	RDI	Journal	Les Risques	RDI 15 ans en direct (SC)		Le Téléjournal	Les Coulisses du pouvoir		Regard	Le Téléjournal
	400	280	30	TSN	Hockey	World Poker Tour		NFL	NBA Basketball Cleveland Cavaliers at Portland Trail Blazers. (HDTV) (Live)				
family	554	544	48	TEL	Stoked	Total Drama	Majority Rules	6TEEN	Futurama	King of Hill	Chicken	Futurama	Tripping-Rift
	557	540	51	FAM	Suite/Deck	Zoey 101	Suite Life	Han. Montana	*Grumpier Old Men* ★★ (1995, Comedy)			(10:40) *Space Jam*	
	551	542	65	YTV	*The Adventures of Sharkboy and Lavagirl*			Family Biz	Fries That?	Fries That?	Survive This	Ghost	Adrenaline
cable variety	615	520	31	A&E	CSI: Miami (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Jacksons: A Family Dynasty		Jacksons
	628	584	32	SPKE	(6:30) *Eraser* ★★ (1996, Action), Vanessa Williams				*Three Kings* ★★★ (1999, War) George Clooney, Ice Cube.				
	616	521	39	SHO	Cra$h & Burn "Gone"		*Disaster Zone: Volcano in New York* (2006, Action)				NCIS "Switch"		Cra$h & Burn
	520	505	42	DIS	MythBusters		The Hottest Place on Earth		Engineering Volcanoes (N)		MythBusters (N)		A. Bourdain
	581	566	53	MTV	Over the Bolts	Over the Bolts	Cribs	Cribs	Peak Season	Peak Season	Peak Season	After	1 girl 5 gays
	522	506	55	HIS	Ancient Discoveries		Underworld Histories		*Training Day* ★★★ (2001, Crime Drama) Denzel Washington.				
	603	561	95	FN	Challenge		Jamie's Ministry of Food		Iron Chef America		Dinner: Impossible		Restaurant

American Idol faces crucial new season

TELEVISION American Idol was the colossus that dominated television in the new century's first decade, generating top ratings, a heady share of buzz and a handful of bankable stars including Kelly Clarkson, Carrie Underwood and Jennifer Hudson.

"THIS is 'American Idol," host Ryan Seacrest first intoned in 2002, and the singing contest that was a summer surprise turned into an annual visitor with staying power.

Ellen DeGeneres

Whether it can retain its status this year, let alone through the second decade, is a crucial question for its home base, Fox, as well as the network's competitors and the seemingly bottomless well of aspiring singers who see it as a shortcut to discovery.

It's a challenge for a series that, entering its ninth season Tuesday night, is undergoing its biggest shake-up yet with Ellen DeGeneres taking the place of Paula Abdul on the judging panel that includes Simon Cowell, Randy Jackson and, back for her sophomore turn, Kara DioGuardi.

Can Idol hang on as the No. 1 series, a spot it's held for five years among all viewers and for six years among 18-to-49 year olds, a demographic much favoured by advertisers?

Yes, said industry analyst Shari Anne Brill — for now. "It will remain the top-rated show through this year," said Brill of Carat USA. After that, she said, it's a guessing game, especially if uber-judge Cowell decides to exit after this season.

But the show's producers say that for viewers, it's the contestants that provoke the most emotion. "They want to root for someone and see someone win," said Fox executive Preston Beckman,

THE ASSOCIATED PRESS

Shania hosts radio show
In a rare media appearance, Timmins, Ont.-born country singer Shania Twain hosts The Current on Friday morning on CBC Radio One, filling in for Anna-Maria Tremonti. METRO NEWS SERVICES

Going Out

Metro's 7th Heaven: Metro taps what's hot right now

1 Animal Instinct

MUSIC It looks like this may be Ke$ha's year. The singer released her album, Animal, and her single TiK ToK is the first No. 1 of the new decade. Not too bad for a singer who claims she used to wear clothes she'd find in the garbage.

2 Kids in the Hall Return

TELEVISION After a lengthy hiatus from the small screen, the Kids in the Hall have reunited for a new series, Death Comes to Town, a new eight part miniseries running on CBC starting Tuesday. If the TV previews are any indication, the series will feature the Kids' cruel wit and numerous fat suits.

3 The Hurt Locker

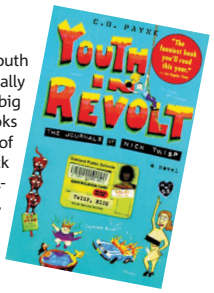
DVD After winning the National Society of Film Critics award on Sunday, The Hurt Locker became the frontrunner in the race for an Oscar. Directed by Kathryn Bigelow, the movie about an elite bomb squad unit in Iraq, is being released on DVD next week.

4 Avatar Dominates Box Office

FILM As well as receiving nominations for a number of awards, James Cameron's sci-fi epic Avatar also maintained its box office dominance, racking in $68.5 million US last weekend and shooting past the $1 billion worldwide mark. t's only the fifth movie to do so.

5 Youth Revolution

BOOKS Payne's Youth in Revolt has finally made it to the big screen. The original books chronicle the experience of sex-obsessed teen Nick Twisp, who is brought to celluloid life by Brampton, Ont,-born actor Michael Cera. (Read Richard Crouse's review of the film in today's movie section).



6 Vampire Chronicles

CULTURE Vampires were the big winners again this week, with Twilight, True Blood and The Vampire Diaries all sucking up trophies at the 36th annual People's Choice Awards on Wednesday night. Friday also marks the release of Daybreakers, the latest Vampire film.

7 American Idol's New Host

REALITY A new season of American Idol starts this month, but after eight seasons, is there still talent out there to support a ninth season? Just in case, the show has brought in talk show host Ellen DeGeneres to add a bit of humour and replace former judge Paula Abdul.

Mix of Six

Ottawa International Motorcycle Show

When: Friday - Sunday
Where: Exhibition Hall, Landsdowne Park
Motorcycle manufacturers and enthusiasts unite for three days of everything bike related.

King of Swing: A Tribute to Benny Goodman

When: Friday & Saturday
Where: The National Arts Centre
The NAC will be transformed into a 1938-era Carnegie Hall for three evenings of swing in tribute to Benny Goodman. Canadian clarinettist Bob DeAngelis leads the orchestra.

Jerome Ducharme

When: Friday
Where: Carlton University
Winner of many prestigious musical awards, virtuoso guitarist Jerome Ducharme will be performing on the Carleton campus. There will also be a free master class for students.

Wedding Palace Bridal Show

When: Saturday & Sunday, 11 a.m. to 5 p.m.
Where: Westin Hotel
This show is a resource for the big day, with a variety of bridal fashions, keynote speakers and wedding merchants to help you olan your weding and honeymoon..

Shen Yun Performing Arts

When: Sunday 2:30 p.m. to 7:30 p.m.
Where: The National Arts Centre
China's storied heritage is explored through dance, music, and culture by China's premier dance and music company.

Playhouse Disney Live

When: Sunday, 12:30 p.m. & 3:30 p.m.
Where: Niche
Mickey Mouse, Winnie the Pooh and friends from Disney Channel's Play House will be featured in this show for children of all ages.

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Tori's third book

Tori Spelling is once again returning to the bookshelves to tell her side of the story. Her third book, tentatively titled unchartered terriTORI, is scheduled to hit stores in June, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets

Jonathan Ross may be quitting his talk show, but he isn't quitting Twitter, Heidi Montag is catching up on TV from seven years ago and Kathy Griffin questions her own success.

- @wossy Don't worry, I won't stop tweeting!
- @heidimontag I'm watching The Simple Life! @parishilton and @nicolerichie you are so funny! thats hot!
- @kathygriffin Random House just gave me news that "Official Book Club Selection" #21 on NY Times best seller list. Is Oprah jst buying them so u WON'T???

METRO NEWS SERVICE

Attack of the tabloids

EX-LOVER LASHES OUT Casey Johnson's longtime girlfriend Courtenay Semel has broken her silence after the heiress' death to lash out at another woman close to Johnson — reality star Tila Tequila, people.com reports.

"The thing I find the most sickening is that the media is giving (her) the one thing she craves: Attention. Tila, you knew her for a week," Semel tells People.

Just weeks before Johnson was found dead in her Los Angeles home at age 30, Johnson made tabloid news when she said she was engaged to Tequila, the star of MTV's over-the-top matchmaking show A Shot at Love with Tila Tequila.

And it was the 28-year-old Tequila (real name Tila Nguyen) who announced Johnson's death on her Twitter page.

Since then, Tequila has posted a series of bizarre messages on Twitter about her relationship with Johnson, along with crudely worded attacks against gossip blogger Perez Hilton. (Tequila has declined interview requests).

Billy Bush, host of Access Hollywood, Tweeted in response, "Gross... claims 2 b mourning fiancée but seems 2 b pumping her new gossip blog."

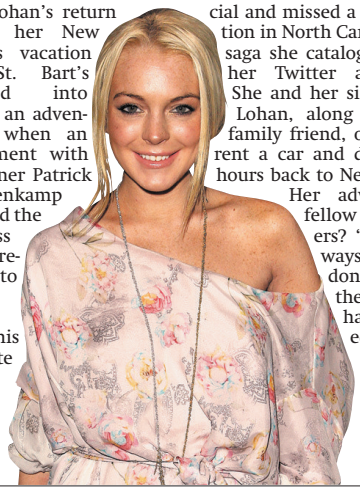
METRO NEWS SERVICES

Maybe his talent should be tested

ANOTHER TV SHOW? David Hasselhoff is leaving America's Got Talent where he has served as a judge for the past four years. The former Baywatch star, who has been plagued by stories of alcohol-related rushes to the emergency room, is reportedly setting out to start a new TV show. "We are sad to see him go," a rep for NBC said in a statement. METRO WORLD NEWS

Leaving on a jet... or not

MISSED CONNECTION Lindsay Lohan's return from her New Year's vacation in St. Bart's turned into quite an adventure when an argument with designer Patrick Aufdenkamp caused the actress to refuse to fly back on his private jet.



Instead, Lohan flew commercial and missed a connection in North Carolina, a saga she catalogued on her Twitter account. She and her sister, Ali Lohan, along with a family friend, opted to rent a car and drive 10 hours back to New York.

Her advice to fellow travelers? "US Airways — don't fly them," Lohan posted.

METRO WORLD NEWS

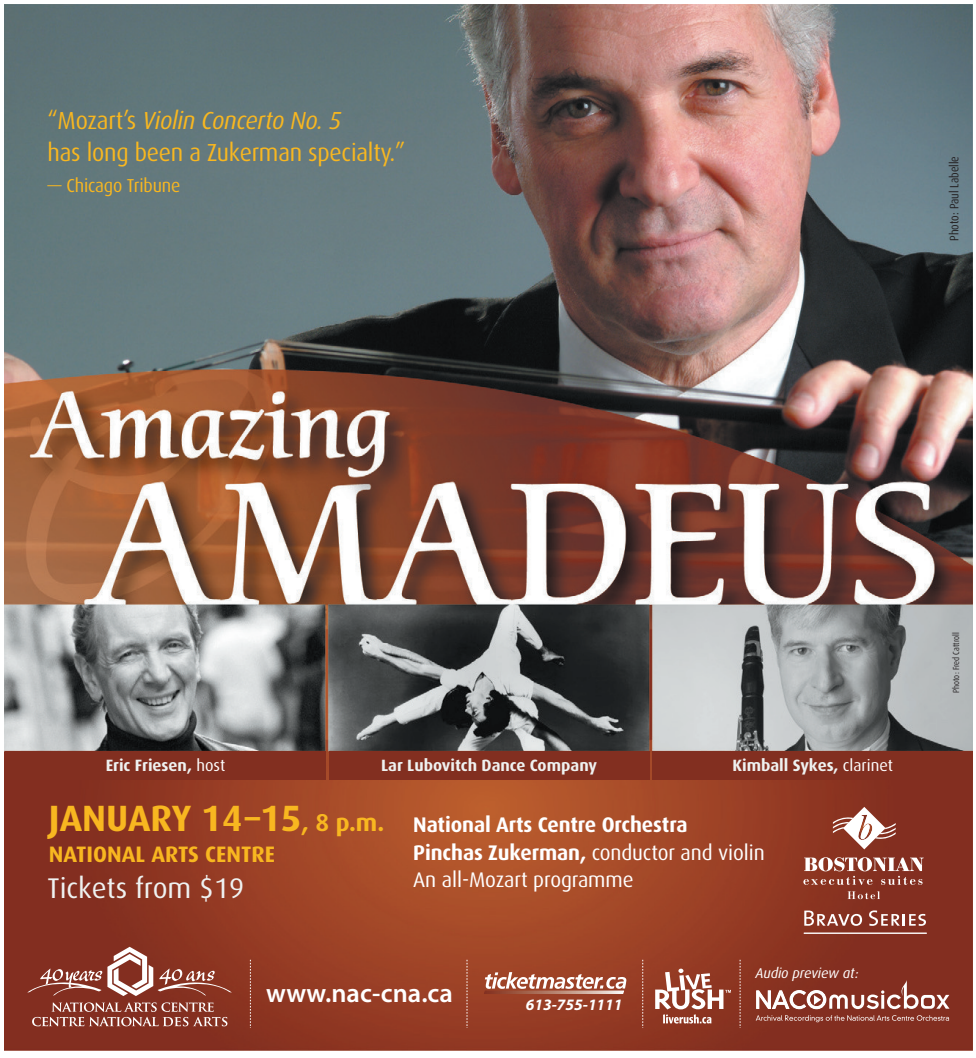
Not the ride of her life

IN RECOVERY Former Desperate Housewives star Nicolette Sheridan got quite a scare when she was reportedly thrown from a horse she was riding without wearing a helmet recently, according to the National Enquirer.

The blond beauty hit her head on a fence post on the way down and had to be rushed to the hospital.

"After tests for possible internal injuries, docs stapled up the gash and sent Nicolette home," a source says.

METRO WORLD NEWS



©The Weather Network 2010

Today Flurries -7° / -20° (60%)

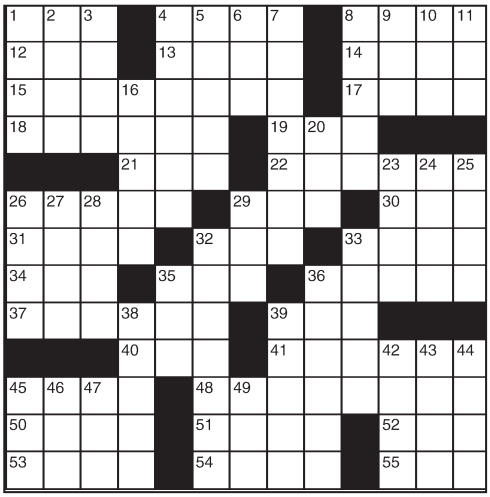
Saturday Partly cloudy -11° / -20°

Sunday Partly cloudy -12° / -19°

You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Plaything
4 Motion picture
8 Bachelor's lack
12 Praise in verse
13 Vicinity
14 Thoroughfare
15 Celebrate excessively
17 Pismires
18 Source
19 Fore opposite
21 Type measures
22 What Dorothy wanted to do
26 "M*A*S*H" venue
29 Plead
30 Purchase
31 Enrages
32 Deity
33 Location
34 Actor Beatty
35 Simonize
36 Chose
37 Rehash
39 Chowed down
40 Mrs. McKinley
41 Reaping implement
45 Bend
48 Deteriorate
50 Zero, at Wimbledon
51 Some of the flock
52 Cribbage scorer
53 The yoke's on them
54 Withered
55 Eisenhower

DOWN

1 Takeout request
2 Bloodhound's clue
3 Bigfoot's cousin
4 Last to marry Bluebeard
5 "Reversal of Fortune" star
6 "Ben-Hur" author Wallace
7 Ran
8 Rage
9 Charged bit
10 Corpulent
11 McMahon and Sullivan
16 Curved moldings
20 Visibility hindrance
23 Last writes?
24 Soundless
25 Kept tabs on
26 Chess piece
27 Sandwich treat
28 Start from scratch
29 Carton
32 Closed carports
33 Glasses, for short
35 Marry
36 Futile
38 Prancer's companion
39 Michaelmas daisy
42 French military cap
43 Welsh emblem
44 Advantage
45 Showman Ziegfeld
46 Cold fish?
47 Night before
49 Have bills

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9		4		3			8
				1		4		2
				6		3	7	
	6						8	4
			9		2			
3	7						5	
	8	6		2				
5		4		3				
7			6		1		4	

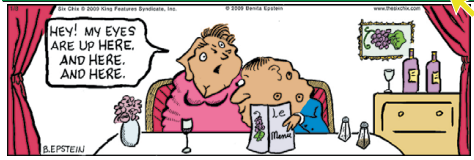
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	H	O	D		V	E	N	T		I	O	U		
N	U	D	E		A	M	B	O		A	P	R		
I	L	O	V	E	L	U	C	Y		M	U	G		
P	A	R	O	L	E			E	R	A	S	E		
			I	F		U	D	D	E	R				
A	V	I	D		D	N	A		D	O	P	E		
B	O	B			A	F	T			C	O	L		
C	L	E	M		D	I	E		S	K	I	M		
		L	E	A	S	T		S	O					
E	V	I	L	S			K	I	C	K	U	P		
Z	E	E		I	D	O	N	T	C	A	R	E		
R	E	V		D	I	R	E		E	L	S	E		
A	P	E		E	P	E	E		R	E	A	P		

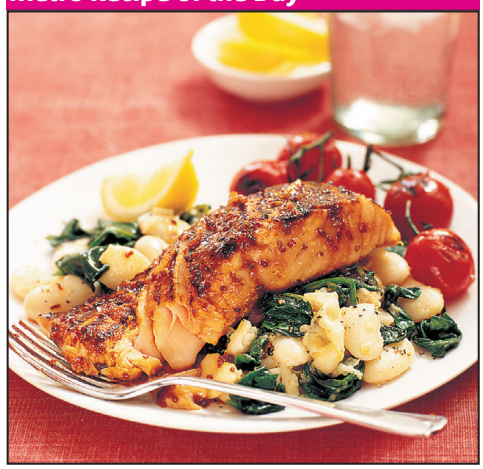
3	7	9	1	5	2	4	6	8
1	4	8	3	6	7	2	9	5
2	5	6	8	9	4	7	3	1
8	3	4	9	2	5	1	7	6
5	1	7	4	8	6	3	2	9
6	9	2	7	3	1	8	5	4
4	8	3	6	7	9	5	1	2
7	6	5	2	1	8	9	4	3
9	2	1	5	4	3	6	8	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Honey Salmon with Lima Beans and Spinach

INGREDIENTS:

1 Tbsp (15 mL) canola oil
1 Tbsp (15 mL) soy sauce
2 tsp (10 mL) honey
2 tsp (10 mL) whole-grain mustard
grated zest and juice of 1 lemon
4 skinless salmon fillets
2 398-mL cans Lima beans, drained and rinsed
1 garlic clove, crushed
2 Tbsp (25 mL) olive oil
pinch of crushed chili flakes
7 oz (200 g) baby spinach, rinsed
12 cherry tomatoes

METHOD:

1. In dish, mix oil, soy sauce, honey, mustard and 1 tbsp (15 mL) lemon juice. Add salmon and turn to coat.
2. Put Lima beans and garlic in pan with olive oil, remaining lemon juice, zest and crushed chili flakes. Set aside.
3. Tip damp spinach into dry frying pan and stir over low heat until wilted. Drain and set aside. Gently heat beans.
4. Heat frying pan until hot; cook salmon on both sides until just firm and pink. Add tomatoes for last minute.
5. Roughly crush beans with fork. Stir in spinach and seasoning. Divide among four serving plates. Arrange salmon and tomatoes on each. Serve at once.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
No matter how many times you may have failed in the past you will undoubtedly succeed today and over the weekend. Help others succeed as well.

TAURUS ♉
APRIL 21-MAY 21
Cosmic activity in your fellow Earth sign of Capricorn makes this the kind of day when everything comes easy to you and self-doubt does not exist.

GEMINI ♊
MAY 22-JUNE 21
You like to use your head but it is possible to be too rational and today you should strive to let your intuition guide you.

CANCER ♋
JUNE 22-JULY 22
If you take a genuine interest in the people you share your life with they will take a genuine interest in you.

LEO ♌
JULY 23-AUG 23
You may be having a tough time coping but if you focus on your problems in the right way you will find the solutions you need.

VIRGO ♍
AUG 24-SEPT 22
This is potentially one of the best times of the year as cosmic activity in the sympathetic sign of Capricorn makes everything seem so easy.

LIBRA ♎
SEPT 23-OCT 23
Let your instincts guide you today, even if they lead you in what the logical side of your brain says is the wrong direction.

SCORPIO ♏
OCT 24-NOV 22
Anyone who doubts that you are a star won't doubt it much longer. You will do something today or over the weekend that takes the world by surprise.

SAGITTARIUS ♐
NOV 23-DEC 21
You may be tempted to get up and go somewhere different, but make sure you can get back to your home base quickly.

CAPRICORN ♑
DEC 22-JAN 20
All things are possible for you now. Cosmic activity in and around your birth sign encourages you to reach for whatever star has caught your attention.

AQUARIUS ♒
JAN 21-FEB 18
The answers you seek are not in the world "out there" but in your head and your heart and if you make an effort you will discover the key to happiness.

PISCES ♓
FEB 19-MARCH 20
Everything is set fair for you today, but there is a danger you won't reach your full potential because your confidence is so fragile.

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This day in history

1499: Louis XII of France marries Anne of Brittany.
1790: George Washington delivers the first State of the Union Address in New York City.
1835: The United States national debt is 0 for the only time.
1940: World War II: Britain introduces food rationing.
1963: Leonardo da Vinci's Mona Lisa is exhibited in the United States for the first time at the National Gallery of Art in Washington, D.C.
1973: Watergate scandal: The trial of seven men accused of illegal entry into Democratic Party headquarters at Watergate begins.

METRO NEWS SERVICES

Appy New Year!

Metro

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